

GIRLS' NET

SHARING TALES, TIPS AND TOOLS



ONLINE GIRLS' GROUP

Fun and support in the privacy of your home



In this 6-week series you can :

- be you, no need to change anything to fit in
- belong to a friendly group of same-age girls
- share fun tips and tools to handle difficulties
- calm anxious feelings
- enjoy a safe, private online group

SIX 1¼ HOUR WEEKLY
ONLINE GROUP SESSIONS
FOR TEN SAME-AGE GIRLS

with a Rites for Girls trained Girls' Net Mentor

Free for girls in West Sussex
until March 2023 (subject to availability)

"I learned loads
but in a fun way."

Soph

"I've made new
friends and realised
I'm not the only one
who's struggling."

Julia

"Just do it -
it's the best!"

Jo



"We just want to have fun.
But sometimes, when life's
hard, we want some help
and some fun. This course
will give you both."

Kim McCabe
- founder director Rites for Girls

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 www.girlsnet.org

   @RitesForGirls

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