

New at Hancock Health: "Girl Talk"

A SAFE SPACE FOR YOUNG LADIES ONLY! NO PARENTS AND NO BOYS!

Life can be challenging for young women as their bodies change (and hormones take over)!

Girl Talk is a **FREE** group available to all girls in grades 6-8, focusing on:

- Peer pressure and how to deal with it
- Positive body image
- Building each other up
- Period talk
- Setting boundaries

The girls will also be able to lead the discussion by asking questions and discussing topics of their choice.

GIRL TALK IS A JUDGMENT-FREE ZONE!

From 6-7 p.m. on the third Monday of each month, Hancock Health nurses will guide the session.

Girl Talk is located in the lower level of Hancock Regional Hospital in Classroom 2.

Parents must provide one-time consent in-person.

FOR MORE INFORMATION

Contact us by calling **(317) 477.6500** or e-mail aburke@hancockregional.org



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