

# 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 – whatever they are
- calm any 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 Girl's Net Mentor

"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 life's hard and then we want some help and some fun. This course will give you both" Kim McCabe  
- founder director of Rites for Girls

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