

# 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 2022 (subject to availability)



"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

"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



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www.ritesforgirls.com



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