



**BACK TO SCHOOL BOOT CAMP 2017:
CONQUERING THE GIANTS
GIRLS 12-14 & 15-18**

- **Mentally & Emotionally Equipping School Age Females To Handle School, Home, Relationships & Life Stressors**
- **Developing Healthy Self-Esteem & Self-Confidence**
- **Increasing Assertive Communication & Behavior**
- **Taking Power Back From The School Bully**
- **Decreasing Anxiety, Depression & Fear**
- **Establishing Healthy Relationships with Same & Opposite Sex**
- **Balancing Academics & Social Life**
- **6 Week Boot Camp Wednesday & Thursday Evenings 6-8 pm.
Starting July 26th & 27th**

For more information please contact **Sharon Thomas**
Ph: 215-385-5606
Email: sharon@sharon-thomas.com
Web: www.sharon-thomas.com

*2 Executive Campus Suite 308 Cherry Hill, NJ
08002
*2 Bala Plaza Suite 300 Bala Cynwyd, PA 19004

**Other services, licensed counseling, coaching,
workplace wellness workshops, clinical trainings,
mentoring & other personal, professional & or-
ganizational development services.**



Sharon Thomas, MS, LPC