



**SUMMER BOOT CAMP 2018:
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 week of 7-9-18. \$600 Dinner Included**

For more information please contact **Sharon Thomas**
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Web: www.sharon-thomas.com

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*2 Bala Plaza Suite 300 Bala Cynwyd, PA 19004

**Other services, licensed counseling, coaching,
workplace wellness workshops, clinical trainings,
mentoring & professional development training.**
NJ 37PC00333000 / PA PC003757



Sharon Thomas, MS, LPC