



The Good Girl's Handbook to a Healthy Mind



Girls age 13-17 are invited to attend this four-part series to navigate through some of the major struggles of being a teenage girl. Participants will learn about self-care, how to use coping skills, and more in this series. Visit our website for complete information. All participants will receive a summer reading prize entry for each session they attend.

This program is presented in partnership with Wallingford Youth and Social Services.

Tuesdays, July 19th & 26th, Aug 2nd & 9th
12-2pm | Collins Room | Ages 13-17
Registration required



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