

# Just for Girls

A 12-week self-help programme that focuses on wellness through the medium of art for girls aged 12-15 years. Exploring different art forms to find your inner peace.

**Tuesdays 6pm-8pm**



DISORDER  
 TENSION  
 AWARENESS  
 NERVOUS  
 TEMPER  
 WORRY  
 FRUSTRATION  
 PANIC  
 WITHDRAWAL  
 OVERWHELMED  
 FATIGUE  
 FAILURE  
 NEGATIVE  
 MOOD  
 DEPRESSION  
 STRESS  
 FEAR  
 DEPRESSION  
 ANXIETY  
 HEADACHE  
 LONLINESS  
 NEGATIVE  
 DESPAIR  
 AGITATION  
 INSOMNIA  
 SCARED