



**Jewish Federation
& Family Services**
ORANGE COUNTY

GIRL TALK



Health & Wellness Workshop for Middle School Girls

Sundays, October 29 and November 12
1:00 - 4:00 p.m. (lunch available from noon)
Merage JCC, 1 Federation Way, Irvine

GIRL TALK is a two-day workshop for middle school-age girls focused on ways to improve their mental, physical and emotional well-being in a fun and safe environment. Topics to be explored include puberty, sex-ed, friendship and healthy relationships.

Facilitators:

Kaylin Zabienski, Marriage and Family Therapist Registered Intern, #78297
Marissa DeFeo, M.A., LMFT #100177

\$40 per person (includes lunch, snacks & a goodie bag)
Pre-registration required. Call 949.435.3460 or email Info@JFFS.org.



Kaylin is in the process getting her license as a marriage and family therapist. She loves helping children with trauma and adults with addiction issues. Kaylin spends as much time as possible at the beach. She believes that popcorn is a complete meal, and watches Lilo and Stitch at least once a month.

Marissa is a licensed marriage and family therapist. She has a special interest in working with adolescent girls, as well as individuals and couples dealing with relationship issues. Marissa loves animals and has 3 dogs, Dudley, Knuckles, and Dr. Peanut. Her favorite snack is chili cheese Fritos and she enjoys reading historical fiction.

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