

SURVIVE *To* Thrive

with therapeutic
comedy group coaching

**Designed for girls ages 12-15 who are struggling with
or need extra support for mental health**

March 31-May 26 (Weekly on Thursday)

8 week curriculum (skips April 21 for Spring Break)
4-5pm Via Zoom

Method: Combining healing arts, performing arts, visual arts,
mindfulness, movement, and therapeutic comedy.

Created and facilitated by Pasha Marlowe.

*"This group is healing and fun
and I made some new friends!"*



About Pasha Marlowe:

She/her | MFT
Family Therapist
ADHD/Relationship Coach
Therapeutic Comedy Coach
Holistic Health Coach
Fitness/Yoga/Mindfulness Instructor



Cost: This program made possible through grants and sponsors. Thank you to Rockland Trust, ADM Cleaning Services, Penny Young, Judy Giovangelo, Jim McCusker & Nicole Kittredge.

Sign up at benspeaks.org

