



Puberty, Hygiene, & Health: For Girls

The transition into the teen years can be difficult and exciting for girls with autism spectrum disorders and their families. Let our experienced team, teach and guide you through the process. These educational classes focus on what the child and parent should expect as girls become adolescents.

Dates of 3-week online course:

Fridays

May 13th, 20th, & 27th @ 3:45-5:00pm

Cost of the 3-week course is \$100 per participant. Scholarships available upon request for families in need of financial assistance.

Payment is due on or before :

May 6th, 2022

* 48-hour cancellation notice will be provided by The Center if classes are rescheduled.

For girls ages 10 - 14

Week 1: Puberty & Changes in Your Body

Focusing on understanding your body and how and why it's changing.

Week 2: Menstruation

What it means and what to expect during menstruation, products for your period, and symptoms of PMS & how to best treat them.

Week 3: Hygiene & Health

Importance of cleanliness, hygiene strategies, shaving, social media & privacy, and mental health.

Registration is required.

To register, click [HERE](#). If you have questions, please call (949)267-0450 or email us wellness1@hs.uci.edu