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FOR IMMEDIATE RELEASE

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When Girls Hurt Girls™:
**A special “Back to School” Teleclass for PARENTS & EDUCATORS:
5 Key Strategies for Preparing Your Girl(s) to Diffuse Friendship
Drama**

(Iowa City, Iowa) - The nursery rhyme says that girls are full of “sugar and spice and everything nice.” But in reality, girls are often mean...very mean. The behavior sometimes starts as young as preschool. One day, three girls are friends...and the next day, two decide to ignore the third. And girls tease other girls about their clothes, their hair, the way they walk or talk, and other physical and social attributes. This behavior, called relational aggression, sends clear messages that hurt: *You don't measure up. You don't fit in. You don't belong.*

Relational aggression is common among girls and women, from the nursery to the nursing home. And according to female friendship experts and business partners Jane Balvanz and Blair Wagner, the behavior can lead to self-mutilation, eating disorders, depression, or suicide. And it doesn't have to be that way. Girls who learn to use their natural emotional and social ability to create friendships that feel good no longer need to hurt others.

“The parents of girls struggling with relational aggression want to help their daughters, but just don't know how,” says Wagner. And according to Balvanz, educators are often frustrated by the amount of instructional time lost to relational aggression.

On **September 23, 2009**, at **5 PM Eastern**, A Way Through, LLC is hosting a **free teleclass** for parents and educators of girls in grades kindergarten through grade 8. This teleclass will offer insights based on brain research and provide proven strategies you can use immediately to help your girl(s) to **solve their own friendship problems** as they start the new school year.

“This teleclass will enable parents and educators to empower their girl(s) to stand up for themselves and to be independent friendship problem solvers,” says Wagner. **Register for this free teleclass online at www.AWayThrough.com/teleclass.htm.**

About A Way Through, LLC

Jane Balvanz and Blair Wagner are co-founders of **A Way Through, LLC**, a company devoted to helping parents and educators guide girls in grades K – 8 through painful friendships. **A Way**

Through markets CDs, workbooks, parent guides, school posters, and role play cards - all products for successfully helping girls with friendship problems.

Jane Balvanz has worked in the field of education for over twenty-five years as a preschool teacher, an elementary and junior high school teacher. She is a certified K-12 school counselor and is Registered Play Therapist.

Blair Wagner is a professional Life Coach, Speaker and Certified Law of Attraction Practitioner. She serves as a leader in the coaching community in her capacity as Chapter President of the International Coach Federation of Eastern IA/Western IL.

You can learn more about A Way Through, LLC and their products, programs, and services at www.AWayThrough.com.

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Digital and print photos of Jane Balvanz and Blair Wagner are available, and we will be happy to provide them at your request.