



# GIRLS IN CHARGE

Open to 7th & 8th grade girls at Pottstown Middle School  
 Register at: <https://tinyurl.com/YWYouthEmpowerment>

**"I really loved that my daughter enrolled in the program. She could use as much help as possible with becoming confident in her abilities. She is excited about being part of a program next year and I am happy that she wants to continue.**

**The work that the YWCA is doing is incredible and I am so grateful. She is excited about being part of a program next year and I am happy that she wants to continue."**

**- Parent of YW3CA Girl**



Girls In Charge is funded by:



## YOUTH EMPOWERMENT PROGRAMS

# PAUSE. BREATHE. ACHIEVE.

## SUPPORT FOR OUR GIRLS & FAMILIES

### Girls in Charge learn:

- a trauma-informed, self-development focus introducing tools to feel empowered, raise their voice, grow & explore.
- to understand what healthy relationships look like, sound like & feel like.
- to focus on academic self-efficacy & college/career readiness.
- to focus on self-care, making mental health & wellness a priority early in life.

**WHAT**

- Start Tuesday October 4, 2022
- Meeting every Tuesday
- 2:30-4:00 pm afterschool

**WHEN**

- In-person after school at **Pottstown Middle School**
- Meet in the **lobby at 2:20 pm**

**WHERE**

**Register your YWGirl today!**  
<https://tinyurl.com/YWYouthEmpowerment>



**HOW**

Questions? Email [yep@ywcatricountyarea.org](mailto:yep@ywcatricountyarea.org)  
 YWCA Tri-County Area is not affiliated with any specific School District.



# BOYS to MEN'TORS

Presented by YWCA Tri-County Area's Empowerment Team

## YOUTH EMPOWERMENT PROGRAMS

# PAUSE. BREATHE. ACHIEVE.

## SUPPORT FOR OUR GIRLS & FAMILIES

- Physical exercise
- Character development tools
- Artistic expression
- Health education
- Offering healthy, safe ways to push limits and test boundaries
- Balance the intense
- Emotions of adolescence
- Build trust in a circle of supportive peers and facilitators

"I really like this class because it helps me control my feelings better."  
 - Boys to Men'tor Participant

### WHAT

Boys to Men'tors learn:

- tools to become more peaceful and balanced.
- to see themselves as powerful and capable of actualizing their full potential.
- improved self-awareness, self-respect and self-regulation.
- to process emotions and thoughts with peers and staff in healthy, supportive, and realistic ways.
- healthy light snacks and refreshments

### WHEN

- Starting October 4, 2022
- Every Tuesday
- 2:30 pm to 4:00 pm afterschool

### WHERE

- PMS Middle School after school from 2:30 - 4:00pm
- Programs are FREE to all PMS MS Students

### HOW



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