

YOUTH EMPOWERMENT PROGRAMS

PAUSE. BREATHE. ACHIEVE.

SUPPORT FOR OUR GIRLS & FAMILIES

at Pottstown School District

Register at: <https://tinyurl.com/YWYouthEmpowerment>

"My daughter loved this program. She enjoyed meeting new friends, was surrounded by kind women and girls, she felt like she could be herself and was extremely supported in talking about her future goals.

I can not say enough wonderful things about this program! You ladies are doing great work!"

- Parent of YW3CA Girl

"I am grateful for Girls in Charge because we all come from different backgrounds and get the chance to learn from each other."

- Genevieve, Grade 7

GREAT GIRLS TODAY

Open to 4th - 6th grade girls in Berks, Chester & Montgomery Counties

Great Girls Today learn:

- a trauma-informed, self-development focus introducing tools to feel empowered, raise their voice, grow & explore.
- to make new friends, learn new skills and cultivate a deep sense of self.
- to make health & wellness a priority early in life as we focus on trying new foods through the lens of nutrition.

October is our Week Without Violence Celebration & Events!

- Virtual Open House, **Wednesday, October 13th from 6-7pm** - Parents & Students Welcomed!
- In-Person Meet Up, **Wednesday, October 20th from 5-8p** - Paint & Dance in the street, help create our collaborative art projects for our Saturday, October 23rd event!

November begins our hybrid programming:

- 1st Wednesday - InPerson, 6-8pm, starting November 3rd
- 3rd Wednesday - Virtual, 6 -7pm, starting November 17

When in-person we will meet at (unless otherwise indicated):
YWCA Tri-County Area
300 & 315 Bldgs / King Street, Pottstown

GIRLS IN CHARGE

Open to 7th & 8th Grade Girls in Pottstown Middle School

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 exploration.
- to focus on self-care, making mental health & wellness a priority early in life.

October is our Week Without Violence Celebration & Events!

- Virtual Open House, **Wednesday, October 13th from 6-7pm** - Parents & Students Welcomed!
- In-Person Meet Up, **Wednesday, October 20th from 5-8p** - Paint & Dance in the street, help create our collaborative art projects for our Saturday, October 23rd event!

Starting In-Person Afterschool

Thursdays, October 14th from 2:30pm - 4:00pm

Starting in November: One Sunday each month to gather with other 7th - 12th grade young women for mentorship, service & learning opportunities.

Pottstown Middle School
Meeting in the Faculty Kitchen

WHAT

WHEN

WHERE

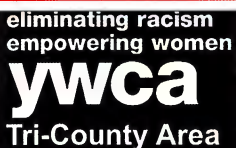
**Register your YWGirl today:
tinyurl.com/YWYouthEmpowerment**

Questions? Email yep@ywcatricountyarea.org

Great Girls Today, Girls in Charge,
is funded by:



YWCA Tri-County Area is not affiliated with any specific School District.



YW3CA IS ON A MISSION TO ... EMPOWER COMMUNITIES!!!

www.ywcatricountyarea.org



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