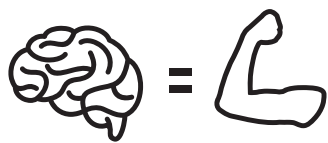


SHE & ME

Empowerment Series

BE BOLD. *Be Bright.*
BE STRONG. BE *you!*



KNOWLEDGE *is* POWER

WHAT'S IT ABOUT?

Girls in the Know believes every girl needs, and deserves to have, a strong foundation and sense of self heading into the challenging teen years. We are committed to making that happen with our four-week "She & Me" Empowerment Workshop Series. Our licensed female professionals educate and inspire 5th-6th grade pre-teen girls alongside the ones who love them.

EVENT DETAILS

SESSION ONE

EMPOWERING PRE-TEEN GIRLS

Licensed Professional
Counselor presents
Empowerment,
Self-Esteem, Friendship
& Bullying

SESSION TWO

PROMOTING A HEALTHY BODY IMAGE

Registered/Licensed
Dietician presents Body
Image, Nutrition, Exercise
& Eating Disorders

SESSION THREE

ALL ABOUT SAFETY

Police Officer presents
Mobile Phone, Internet,
Home Alone &
Sleepover Safety

SESSION FOUR

LET'S TALK PUBERTY: WHAT PRE-TEEN GIRLS SHOULD KNOW

OB/GYN presents
Puberty, Hygiene &
Anatomy

Register Now!

OR call 314-277-5312

OR email sarah@girlsintheknow.org

**SPACE IS LIMITED TO
20 GIRL/CAREGIVER PAIRS**

CLICK **HERE** TO REGISTER
or go to Girlsintheknow.org

QUESTIONS? CONTACT SARAH@GIRLSINTHEKNOW.ORG OR 314-277-5312

PROGRAM FEE:

\$125 / pair

\$25 / additional girl

Scholarships are available to all,
regardless of financial status.

To apply, contact
info@girlsintheknow.org

Mondays

FEB 4 II, 25 & MAR 4

6:00pm - 7:00pm

AT

**MICDS #1
HARRIS READING ROOM**

101 N. Warson Road
St. Louis, MO 63124

Mondays

FEB 4 II, 25 & MAR 4

6:00pm - 7:00pm

AT

**MICDS #2
LIBRARY**

101 N. Warson Road
St. Louis, MO 63124

Due to demand, we've added a second session to run concurrently

SITE LIAISON - KARA FRIEDMAN, KFRIEDMAN@MICDS.ORG