

THIS GIRL CAN

After School Program

GIRL EMPOWERMENT SESSIONS

*Program Duration Options:
6-weeks, 10-weeks, or entire school year*

PARTICIPANTS

Our focuses are at-risk students, victims of bullying, foster, and homeless youth 3rd-8th grade. However, we welcome all girls into the program.

CAPACITY & LOCATION

*Our capacity is 30 girls per session.
The school site is responsible for providing a room*

HOW IT WORKS

*We meet one (1) day a week after school for one (1) hour.
The day is selected at the time of the contract.*

BONUS

Upon completion of the program, an award ceremony will be held, and family, friends, and faculty are welcomed to attend the celebration.

*For an instant quote, contact us at
info@empoweredtoflourish.com or (949) 229-0548*

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our program is comprised of three modules

1ST MODULE

CULTIVATING CONFIDENCE

Empowered to Grow

Develop the "Positive Voice"

Challenge poor self-image

Equip participants to handle peer pressure effectively

"You're not your mistakes" explaining the power of choice

2ND MODULE

BUILDING POSITIVE SELF-IMAGE

Empowered to Thrive

Explain the importance of individuality and uniqueness

Provide the skills needed to resist media stereotypes

Reduce appearance conversations and comparisons

Demonstrate the power of self-respect and respecting others

3RD MODULE

PUT IT INTO ACTION

Empowered to Become

Fostering a winning attitude and to never give up

Develop leadership skills

Discover the talents and skills hidden within

Establish personal goals - and road map to achieve them

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