

EMPOWERED girls ... EMPOWER girls.



JCC Girls United!

The program will bring together a diverse group of girls ages 10-14 from Worcester and surrounding towns for a dynamic weekly after-school experience with special activities that build confidence, community and nurture peer relationships.

Teaching girls to be sisters to one another!

- Internet Safety
- Personal Safety
- Meditation / Movement
- Fitness and Wellness
- Financial Literacy
- Nutrition
- Peer Relationships

Fall Session: October 6, 2020

Winter/Spring Session: February 2, 2021

13 Sessions Each - Free of Charge!

- Online (During Covid-19) or in person: you choose what is best for you
- Tuesdays 4—5:30pm
Half: Group Building / Learning
Half: Experiential, Health and Wellness
- Receive a \$25.00 visa and a JCC teen membership once the session has completed



For more information:

Talia Mugg Teen Director, 508.756.7109 x 245, tmugg@worcesterjcc.org

Funded by a grant from the Greater Worcester United Way Womens Initiative

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