



St. Rita School is teaming up with Empower Her to form a Middle School After School Girl's Club!

This newly formed club will be focused around the social/emotional topics of: Leadership, Self-Esteem, Friendship, Bullying, Financial Literacy, Body Image, Healthy Choices and Service. Girls will meet to discuss issues that they are experiencing in a safe environment. Topics will be addressed through resource information, projects and discussions.

Meets 2nd Wednesday of the month after school. This club costs \$40 which will cover material costs for the entire school year. Details below, in flyer and Google form.

Space is limited to 10 girls so sign up today! Google form signup link below:
<https://forms.gle/Y6cBBvTYihyvFXWW7>

Program Calendar

Month	Program	Description
November 13	Introduction Self-Esteem	Introductions/guidelines for the club- talk about self-esteem and complete a self-portrait, self-esteem activity
December 11	GIRLS- Leadership	Girls will be guided in a lesson on leadership and then through leadership activities
January 8	GIRLS- Bullying	Girls will be presented a lesson on bullying and then participate in activities to solidify the lesson - ex. Create a comic strip, play Bully Jeopardy
February 12	GIRLS- Financial Education	Girls will learn about the importance of money in terms of spending, saving and budgeting. They will create their own banks.
March 11	CORE (Community Outreach Response Education)	Talk about kindness and service learning. Girls vote on a social theme- throughout the next 3 months, they will research, learn about and create a presentation as well as perform the service.
April 8	CORE	"
May 13	Mother/Daughter Tea Party	Tea Party and Activities (Extra cost \$20 per pair)

**CORE (Community Outreach Response Education), Girl Talk and all programs under the title GIRLS (Growing, Inspiring, Respecting, Learning and Succeeding) are original programs developed by Empower Her Inc of Bethany, CT and may not be used outside of Empower Her Inc of Bethany, CT without permission. All rights reserved. All programs subject to alter or change.*

