ONE CIRCLE



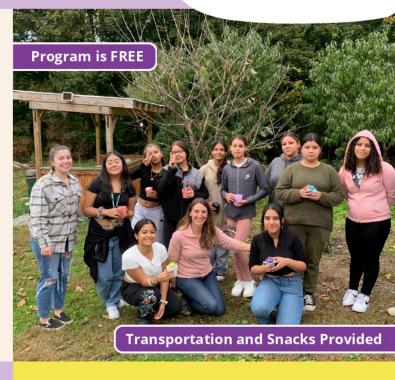
One Circle engages girls 10-14 to explore cultural identities, stress reduction and wellness to empower girls and their families to address issues associated with:

- · Coming of age
- Puberty
- Self-esteem
- Stress reduction
- Mental Health Wellbeing

One Circle meets every Wednesday from 2:30-4:45pm at **Sullivan Academic Building**, **Worcester State University**.

- Orientation via Zoom
 https://tinyurl.com/rjnknuk8
 Meeting ID: 825 510 7542
- Wednesday, October 2, 2024| 5 6 pm





Beginning on Wednesday, October 9, 2024 through Wednesday, May 14, 2025

Every Wednesday from 2:30pm - 4:45pm

To register for this afterschool program, scan here!



For more information or to register, please contact Isalby Martinez at 917-399-0711 or Kathy Orengo at 508-929-2460 or via email at korengo@worcester.edu



