

# 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/rjnknu8>  
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@worchester.edu](mailto:korengo@worchester.edu)

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