

YWCA
909 Fairfield Rd
Gettysburg
Mondays
6:30pm-8pm
Contact: Jenny
Godfrey, MSW
**GirlsLeadershipIniti
ative@**

Girls Leadership Initiative

Also at GLI:

- Guest speakers
- Weekly "In the News"
- Yoga Practice
- Free snacks and prizes!
- Community Service Projects



About the Vision:

Jenny Godfrey is a mom to an adolescent daughter, yogini, therapist and women's advocate. She has provided therapy, behavioral consultation, group work, and advocacy for children, adults, and families for 20 years. She has a Master of Social Work degree from the University of Vermont and is currently obtaining her RYT 200 Yoga Teacher Certification from the OmMyYoga Academy.

*****A Teen Panel will be developed to encourage leadership, peer mentoring and serve as the guiding voice for this project.**

"Let us find our voice when we are young, so that we will always be heard...as we grow and encounter the unique experiences of young women. Let us learn to build each other up, to support one another in our strengths, and to choose acceptance over competition".

Who are we?

A group developed to provide support and education for pre-teen girls (and others). Focused on:

- Building **interpersonal** abilities
- Fostering **leadership skills** and promoting **empowerment**
- Serving as **peer role models**



What are we?

This group includes components of psychoeducation, leadership development, and a support group model. Topics will cover issues currently facing teens such as:

- **Toxic Friendships**

Girls Leadership Initiative

Parent & Teen Breakout Session

YWCA of Gettysburg

909 Fairfield Rd, Gettysburg PA 17325

Monday, March 4th, 2019 from 630pm-8pm

RSVP to GirlsLeadershipInitiative@gmail.com

*Attention Parents:

This first group will be an information session to explain the vision of the group, tentative planning, learn about activities the teens will be involved in, etc. Most importantly, we want to hear from you about what you feel is needed for your adolescent daughter, here in our community.

If you are not able to attend, please feel free to drop your child off; I will have information packets to send home for parents that are not available to make it. Also note: this is a non-profit project and is at no cost to the participant. If you have any questions, or more specific concerns, feel free to email me at the above address and I will be happy to answer them.

The small bio on the flier may tell you a little about my professional work - but most importantly I am a mom to an adolescent daughter. My hope from this, in addition to supporting and nurturing our strong young women, is to help parents gain support from other parents and needed resources.

I look forward to meeting you all..

Dear Teens,

Come check out this group and be a voice for your generation! I want to know what adolescent girls are dealing with these days – what with cell phones, the internet, middle school, etc.

YOU are the experts on what teens need, and I want to hear from you.

*Think free food, free prizes, some cool activities and field trips...oh and some awesome leadership development and GIRL POWER sprinkled in. No but seriously, join me on **March 4th**, drag your parents, and if after attending a group or two you decide we are lame - we can part ways and no hard feelings. Being a teenage girl is tough (I know, I was one) – we need all the love and support we can get.*

I promise you'll leave smiling a little more (even if it's just the cupcakes 😊)

Always,

Jenny