



GIRL INSPIRED! WORKSHOP SERIES

Emotional Well-Being Workshop Series

**FOUR 90-minute ONLINE arts-based workshops
FREE for elementary and middle school girls**

This 4-part workshop series offers girls*:

- ...a supportive arts-based environment
- ...an opportunity to share their stories and life challenges
- ...the experience to identify and use helpful self-care practices to stay healthy, strong, and inspired in today's world.

Mondays, January 4, 11, 18, 25 from 5pm – 6:30pm
Elementary School Girls (grades 3rd – 5th)

Thursdays, January 7, 14, 21, 28 from 5pm – 6:30pm
Middle School Girls (grades 6th – 8th)

Presented in partnership with



For more information or to receive a registration form, contact
Lesley Mazzotta: lesleym@oneworldgirl.org or 917-623-4554.



ONEWORLDGIRL

Uniting girls to be changemakers in the world.

**Participating girls must be available to attend all workshops.*