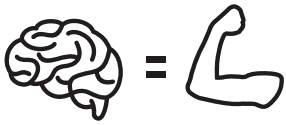




# VIRTUAL EMPOWERMENT WORKSHOP SERIES

NEW FORMAT!



KNOWLEDGE *is* POWER

## WHAT'S IT ABOUT?

Girls in the Know believes every girl needs, and deserves to have, a strong foundation and sense of self heading into the challenging teen years. We are committed to making that happen with our virtual empowerment workshop series. We create a fun, safe space for pre-teen girls (ages 9-13) to discuss life's most important topics led by licensed female professionals.

## EVENT DETAILS

### EMPOWERING PRE-TEEN GIRLS

Licensed Professional Counselor presents Empowerment, Self-Esteem & Friendship

### PROMOTING A HEALTHY BODY IMAGE

Registered/Licensed Dietitian presents Body Image, Nutrition, Exercise & Eating Disorders

### ALL ABOUT SAFETY

Police Officer presents Mobile Phone, Internet, Home Alone & Sleepover Safety

### LET'S TALK PUBERTY: WHAT PRE-TEEN GIRLS SHOULD KNOW

OB/GYN or Nurse Practitioner presents Puberty, Hygiene & Anatomy

*Register Now!*

[www.girlsintheknow.org](http://www.girlsintheknow.org)

Questions? Email: [cassandra@girlsintheknow.org](mailto:cassandra@girlsintheknow.org)  
or Call 314-717-1270

### PROGRAM FEE:

Girls in the Know offers a **PAY WHAT YOU CAN** tiered pricing model to ensure every girl can participate. More information at:  
[www.girlsintheknow.org](http://www.girlsintheknow.org) - programs & virtual registration.

### UPCOMING PROGRAMS:

Wednesdays - Sept. 16, 23, 30 Oct. 7  
Thursdays - Oct. 1, 8, 15, 22  
Tuesdays - Oct. 20, 27, Nov. 10, 17  
Wednesdays - Nov. 11, 18, Dec. 2, Dec. 9th

6:00 - 7:30PM

### PROGRAM HOSTED THROUGH ZOOM

More information found on our website under Programs-Pricing and Registration page.

GIRLS IN THE KNOW IS A 501C3 NONPROFIT ORGANIZATION WHOSE MISSION IS TO EMPOWER GIRLS TO EMBRACE A STRONG SENSE OF SELF.