



GIRLS *infused*

12 WEEK PROGRAM SCHEDULE



PROGRAM STARTS: TUESDAY, FEBRUARY 11, 2025
5:00-7:00 PM EVERY TUESDAY UNTIL APRIL 29, 2025

- WEEK 1:** Self-Esteem Journals
- WEEK 2:** Vision Board Creation
- WEEK 3:** Empowerment Bracelet Making
- WEEK 4:** "I Am" Affirmations Craft
- WEEK 5:** Healthy Boundaries and Friendship Workshop
- WEEK 6:** Team-Building and Trust Games
- WEEK 7:** Resilience and Stress-Relief Workshop
- WEEK 8:** "My Role Model" Collage or Presentation
- WEEK 9:** Goal Setting and Reflections Circles
- WEEK 10:** Self-Care and Healthy Habits
- WEEK 11:** Community Service Project - Kindness Covers
- WEEK 12:** End-of-Program Showcase and Celebration