

Born of Fire Mentoring Program

Born of Fire is a mentoring program offered to schools for female and female-identifying youth in grades 6-12. The program provides preventive and responsive care for girls in Tier 2, and supportive strategies for those in Tier 3 through art and wellness. The program addresses real-life challenges that are relevant to today's youth-specifically girls! The strategies taught provide ongoing support through weekly guided group sessions and mentoring.

Purpose of the Program

- Help girls move from self-sabotage to self-empowerment
- Break the negative social cycles that directly impact academic and social growth
- Provide mindfulness strategies for self-regulation, problem-solving, and wellness
- Strengthen communication and social skills

Program Model Delivery

- Offered as an in/after-school and/or out-of-school program
- Weekly small group sessions. 10-20 week program (45-60 minutes)
 - Groups led by licensed Illinois state-certified educators & providers

What schools can expect

- Reduction of unwanted behaviors
- Improved relationships & communication with adults and peers
- Developed student voice & advocacy
- Improved problem solving skills for healthier social and academic choices

Session Topics Include

- Accountability: The Kenna APP!
- Transitions, Independence & Growing up
- Responsible Decision Making
- Mental Health Awareness
- Self Acceptance & Identity and more!

Supporting Teachers

Wellness based professional developments (PDs) for educators is included in the Born of Fire Program. These PDs are designed specifically for educators by educators.

Contact Info

For more details about the Born of Fire program or professional development offerings please visit www.TheKennaFoundation.org or email info@TheKennaFoundation.org