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 “She & Me” Empowerment Workshop Series. Our licensed female professionals educate and inspire 5th-7th grade pre-teen girls alongside the ones who love them.

EVENT DETAILS

SESSION ONE
EMPOWERING PRE-TEEN GIRLS
Licensed Professional Counselor presents Empowerment, Self-Esteem, Friendship & Bullying

SESSION TWO
PROMOTING A HEALTHY BODY IMAGE
Registered/Licensed Dietitian presents Body Image, Nutrition, Exercise & Eating Disorders

SESSION THREE
ALL ABOUT SAFETY
Police Officer presents Mobile Phone, Internet, Home Alone & Sleepover Safety

SESSION FOUR
LET’S TALK PUBERTY: WHAT PRE-TEEN GIRLS SHOULD KNOW
OB/GYN Nurse Practitioner presents Puberty, Hygiene & Anatomy

Register Now!  SPACE IS LIMITED TO 20 GIRL/ADULT PAIRS

FIVE WEEK PROGRAM FEE:
$125 / pair
$25 / additional girl

Scholarships are available to all, regardless of financial status.
To apply, contact info@girlsintheknow.org

SESSION ONE: TUESDAYS
FEB 6, 13, 20 & 27
Sessions 1-3: 6:30pm - 7:30pm
Session 4: 6:30pm - 8:00pm

SESSION FOUR AT
ABRAHAM LINCOLN ELEMENTARY SCHOOL
615 W Kemper Pl
Chicago, IL 60614

CLICK HERE TO REGISTER or go to Girlsintheknow.org

QUESTIONS? CONTACT JEAN@GIRLSINTHEKNOW.ORG

GIRLS IN THE KNOW IS A 501C3 NONPROFIT ORGANIZATION WHOSE MISSION IS TO EMPOWER GIRLS TO MAKE HEALTHY, INFORMED DECISIONS AS THEY MATURE INTO ADULTHOOD.