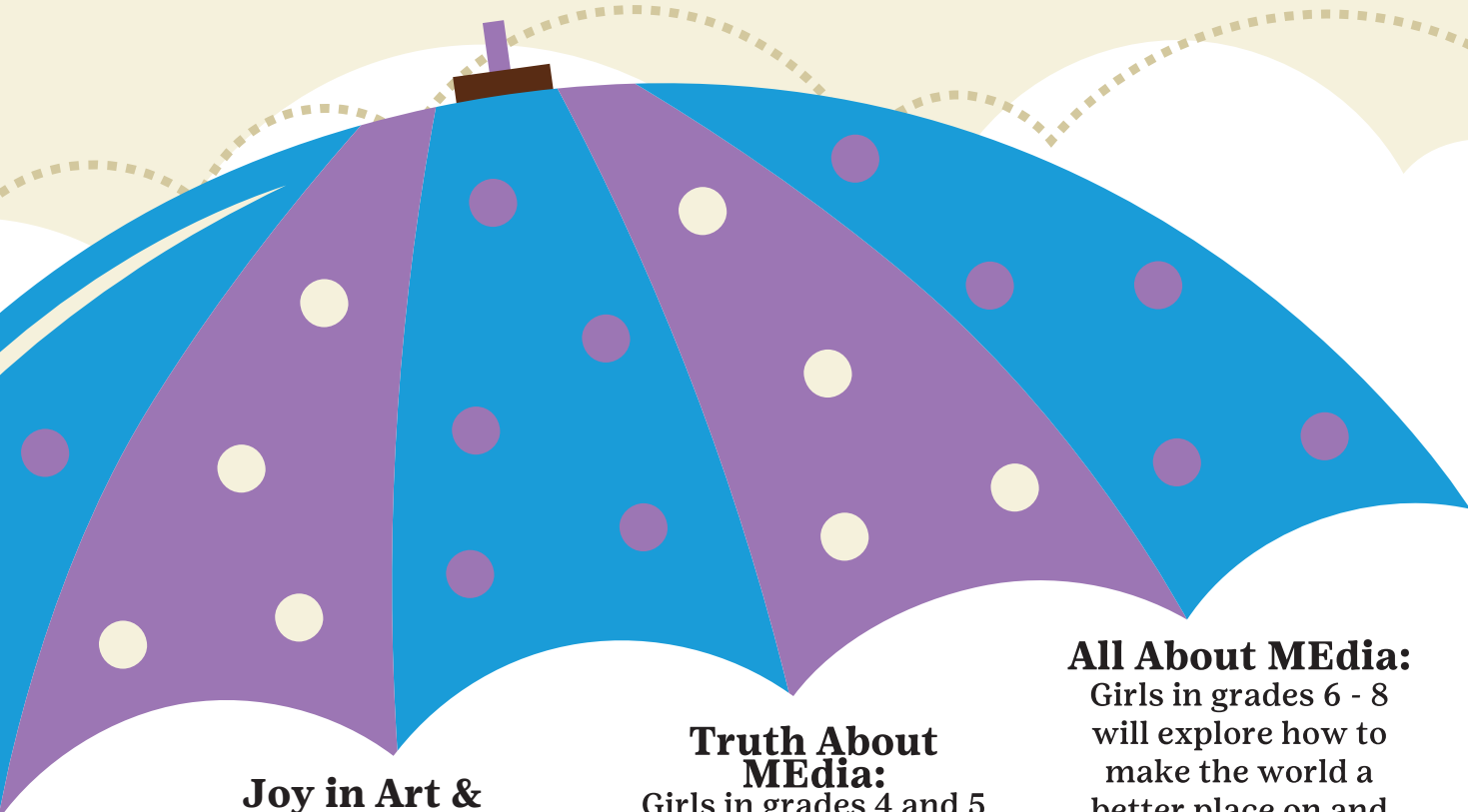


# Find Your Footing

Girls in modern society are faced with daily challenges and ever-changing obstacles. This community-based program series was built to help participants better recognize and safely express complex emotions, balance an online presence with their authentic selves, and put their best foot forward in all interactions.



## **Joy in Art & Nature:**

Mental wellness is essential! Girls in grades K - 5 will learn beneficial mental-health practices through creative expression and outdoor connection.

## **Truth About MEdia:**

Girls in grades 4 and 5 will learn to recognize and cope with complex emotions, while developing a deeper understanding of how their feelings can be impacted by the power of technology.

## **All About MEdia:**

Girls in grades 6 - 8 will explore how to make the world a better place on and offline, discover how to be more mindful of their online presence, and become mental wellness advocates.

The *Find Your Footing* program series is typically implemented one session per week for 8 weeks. Our no-cost programs are so flexible, this can easily be adjusted to meet the scheduling needs of any community organization!

Which program would be best for you? Joy in Art & Nature, Truth About MEdia, or All About MEdia - the choice is yours!