

Sponsored by the **National Coalition of 100 Black Women, Inc.**  
*Northern Virginia Chapter*  
**Sheila J. Bryant, President**



## Theme: A Well-Rounded Approach to Academic Success

The *Strong Girls Strong Women* mentoring program offers unique monthly workshops and activities geared to achieve your goals. You will expand academic excellence, fulfill cultural enrichment, be empowered, build leadership skills, be motivated, gain personal development, self-respect, and inspire your peers.

- Black Girls Who Read
- Career Day/ Dress for Success
- Career Exploration
- Coding
- Embracing your racial/ethnic, religious, cultural, etc. identity/Pride in your heritage
- Etiquette/Making manners work for you
- Goal setting—do you know where you're going to? What is your passion? What are your dreams?
- Fitness and Wellness (Mind, Body, Spirit)
- Girl empowerment/Be your best you
- Health and Beauty
- Networking/Introductions/Social dialogue skills
- Using your voice/Activism/Self-advocacy skills
- Service-Learning Project- Making meals for the homeless

**JOIN US!**  
**Saturday, December 14, 2019**  
**10:00 am - Noon**  
 Thomas Jefferson Middle School  
 125 South Old Glebe Road  
 Arlington, Virginia • 22204



*Contact Your Equity and Excellence Coordinator in Your School*

- Leslie Stockton- Kenmore • Stephanie Smith – Thomas Jefferson
- Shantha Smith- Gunston • Nekya Ball – H-B Woodlawn
- Eric Berman- Swanson • Mia Elliott – Dorothy Hamm
- Lakisha Cameron- Williamsburg



**For more information contact [ncbwnovaed@gmail.com](mailto:ncbwnovaed@gmail.com).**

