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.

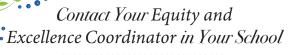
- Black Girls Who Read
- Career Day/ Dress for Success
- Career Exploration
- Coding
- Embracing your racial/ethnic, religious, cultural, etc. identity/Pride in your heritage
- Etiquette/Making manners work for you
- Goal setting—do you know where you're going to? What is your passion? What are your 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



Schools



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.

