

# girls TO LADIES

Presented by **YWCA NWO** Youth Development



eliminating racism  
empowering women  
**ywca**  
Northwest Ohio

## Group Sharing Sessions

2 meetings per week • open to ladies ages 12-19

- A safe space to vent, find healthy coping mechanisms, & develop life skills
- Practice mindfulness, accountability, respect, & increase self-esteem
- Recognize toxic situations, relationships, & gender bias
- Confront Prejudice & racism with a positive outlook
- Focus on career & life planning to elevate your needs
- Emphasizing empowerment, self-care, awareness, & stress management
- Develop emotional, social, & cognitive skill building

**MONDAYS  
& FRIDAYS**

## Yager Center at Swan Creek Metropark

4349 Airport Hwy, Toledo, Ohio 43615, at Wenz Rd

**10AM-3:30PM  
JULY-AUGUST**

July-Aug. 2024

**July: 1, 5, 8, 12, 15, 19, 22, 26, 29. August: 2, 5.**

Contact the YWCA Youth Development Department for more information. **Please register before June 21st.**

■ **For Inquiries:** 419-241-3235 [talcorn@ywcanwo.org](mailto:talcorn@ywcanwo.org)

SCAN THE CODE  
TO REGISTER

