



2024

PROGRAM SCHEDULE

EMPOWERHER

Podcast Training 101

February 16

Episode 001 Recording

March 1

Sessions are Every Other Friday

4:00 pm - 6:00 pm

Podcast Episodes Air

Wednesdays at 12:00 pm

Sisterhood. Friendships. Accountability.

EmpowerHER: Empowering Today; Shaping Tomorrow is a creative art program designed to empower and equip teen girls aged 13-18 with essential life skills, knowledge, and confidence as they transition back into the community from detention placement, exiting out of foster care, experiencing homelessness, or currently involved in the juvenile justice system.

The program focuses on sexual safety, positive relationships, good feminine habits, self-empowerment, self-defense, and leadership development.

Youth Must Register for the program - Using the QR Code Upon Registration, participants sign up for the session they want to attend. To receive program incentives, participants must attend a minimum of 3 sessions.

Ages 16+ can enroll in the program on their own. Anyone aged 14 and younger will need parental consent.

