

SHE

Strong | Healthy | Empowered



SHE PRE-TEEN PROGRAM

Strong, Healthy, Empowered

MEETING TIMES

The groups meet every other week from 6:00pm-8:00pm. The program runs from October-April

FEE

SHE runs cost **FREE** for all Y members and non-members

SHE is a 14-week program for pre-teen girls in 5th – 8th grade. This program focuses on building confidence, making social connections, and learning more about topics relevant in pre-teen life! Formerly known as “It’s a Girl Thing”, this program has been running at the YMCA for over a decade!

For the first hour, expert guest speakers come to share knowledge and skills with the girls. The speakers are invited from various Washington or Ozaukee County community organizations. For the second hour, discussion and activities designed for the weekly topic are led by our SHE facilitators!

BI-WEEKLY TOPICS MAY INCLUDE:

- Girls in the Woods
- Healthy Friendships
- Self-Defense
- Giving Back
- Yoga and Stress Relief
- Healthy Eating and Nutrition
- Mental Health
- Body Image and Confidence
- Positive Free Time
- Babysitting Course
- Money and Time Management
- Substance Abuse Prevention

SHE Focuses on growing an individual’s mental, social, emotional, and physical health through discussion, education, and skill building. The girls who participate build self-esteem and are empowered to create lasting friendships before entering high school!





SHE is cost **FREE** and meets every other week throughout the school year from 6:00pm–8:00pm with locations throughout Washington and Ozaukee County.

SCAN the QR code with your smart phone to learn more!



The Kettle Moraine YMCA prides ourselves in running this program free of cost for any Y members and non-members in our community, and we could not do it without the generous contributions from our sponsors:



**We Energies
Foundation**

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