New Settlement Program for Girls & Young Women

**Fall 2022 PROGRAM DESCRIPTIONS**

Unless otherwise noted, programs meet at 1525 Townsend Ave. in our basement program space and begin the week of September 26th, 2022.

# Build Her A Bridge, ages 11‐YA (2 Mondays per month, 5‐6:30pm)

*Working on social –emotional learning, discussions on body image, self‐esteem, bullying and more. September 2022‐May 2023.*

**G.O.A.L.** (**G**irls **O**rganize to **A**chieve **L**eadership), **ages 14+; must be enrolled in HS.**

Do right for yourself AND **earn a monthly stipend** with perfect or near‐perfect attendance in the following program components (must participate in both to earn stipend):

**Taking Care of Business**SM, (**Mondays, 6:30‐8pm**) meets at 19 E. Mount Eden Ave, YAOI Oﬃce

Take control of your relationships & future! This reproductive health program helps you set goals & protect yourself against STIs & unwanted pregnancies. Developed by Girls Inc. *Sept‐Dec only; in spring 2023 this class is replaced with* Living Safe and Strong, *which provides self‐defense training and conflict resolution skills.*

**College Explorers,** (**2 Tuesdays per month**, **6:30‐8pm**) meets at 19 E. Mount Eden Ave, YAOI Oﬃce

Considering your options? Learn more about how to prepare for college, apply and get financial aid. *October 2022‐ May 2023.* Juniors may also have opportunity to visit schools and prep for SATs in more intensive spring semester with the College Access Center January‐May 2023.

**Silence Out Loud, ages 12‐YA (Tuesdays, 5:00‐6:30 pm )**Led by performance Poet Roya Marsh, these workshops are a truth telling experience through the media of spoken word encompassing life, love, self, justice, and the power of hap‐ piness and self‐actualization. *October 2022‐January 2023. Spring workshop series planned also, dates TBD.*

# Girls EnCourage®, ages 12‐18 (2 Wednesdays per month, 5:00‐6:30 pm)

Do you want to get out of the neighborhood? Explore new places? Try new physical activities and lifetime sports? Be a team player AND a leader? Adventure learning expeditions approximately once a month, typically Sundays. *October 2022‐June 2023.*

**Sadie Nash Leadership Project: Sisterhood Academy, grades 9th‐12th (Thursdays, 5‐6:30pm)** Come participate in activ‐ ity based workshops around identity, leadership, media, healthy relationships, wellness, youth activism and social jus‐ tice. Using your own life experiences as a starting point, discuss important issues while building a community of sup‐ port. Come join the sisterhood! **Stipend** (based on attendance) paid at the end of each semester. *September 2022‐May 2023.*

# Next Level Dancers

**Junior Company, ages 10‐14** (**Thursdays, 6‐8:30pm**) meets at 1514 Townsend Ave, Community Room 1 **September 29th**

**Senior Company ages 14+** (**Saturdays, 12‐4pm**) meets at 1514 Townsend Ave, Community Room 1 S**tarts October 1** *.* Come join the Next Level Dancers and learn, create and perform some fierce choreography! Primary dance styles in‐ clude Hip‐Hop and Contemporary. *September 2022– June 2023.*

# EDsnaps, grades 6‐12 Will hold a Spring Break Intensive (April 10‐14th). Please look out for flyers and registration!!!

Become a STEAM leader while having fun. Develop leadership skills, while planting bulbs in our community garden, count fruits in the snack bags and study weather patterns (to avoid suﬀering from a bad hair day), learn why keyboard keys are not arranged in alphabetical order and much more.

*\*\*Class schedules subject to change\*\**

For more information, contact Program Director Tasheema Lucas at (929) 502‐5980 or 718– 466–1342 x 104 or t.lucas@newsettlement.org

**Visit us online at** [**www.newsettlement.org/girls**](http://www.newsettlement.org/girls) ***and*** [**www.facebook.com/NSAGirlsProgram**](http://www.facebook.com/NSAGirlsProgram)