

# New Settlement Program for Girls & Young Women

## Fall 2023 PROGRAM DESCRIPTIONS

Unless otherwise noted, programs meet at 1525 Townsend Ave. in our basement program space and begin the week of September 18th, 2023.

### **Build Her A Bridge, ages 11-YA (Wednesdays, 6:30pm-8:00pm)**

Working on social-emotional learning, discussions on body image, self-esteem, bullying and more. With one on one sessions with a social work mentor. September 2023-May 2024.

### **G.O.A.L. (Girls Organize to Achieve Leadership), 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<sup>SM</sup>, (Mondays, 6:30-8pm)**

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 2024 this class is replaced with Futures and Options, A financial literacy, job readiness curriculum*

#### **College Explorers, (2 Tuesdays per month, 6:30-8pm)**

Considering your options? Learn more about how to prepare for college, apply and get financial aid. *September 2023- May 2024. Juniors may also have opportunity to visit schools and prep for SATs in more intensive spring semester with the College Access Center January-May 2024.*

**Silence Out Loud, ages 12-YA (Mondays, 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 happiness and self-actualization. *September 2023-June 2024.*

### **Girls EnCourage<sup>®</sup>, ages 12-18 (TBD)**

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 2023-June 2024.*

**Sadie Nash Leadership Project: Sisterhood Academy, grades 9th-12th (Tuesdays, 5-6:30pm)** Come participate in activity based workshops around identity, leadership, media, healthy relationships, wellness, youth activism and social justice. Using your own life experiences as a starting point, discuss important issues while building a community of support. Come join the sisterhood! **Stipend** (based on attendance) paid at the end of each semester. *September 2023-May 2024.*

### **Next Level Dancers**

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

**Senior Company ages 14+ (TBD)** meets at 1514 Townsend Ave, Community Room 1

Come join the Next Level Dancers and learn, create and perform some fierce choreography! Primary dance styles include Hip-Hop and Contemporary. *September 2023- June 2024.*

### **Girls Be Heard, ages 13-YA (Saturdays, 1pm-4pm)**

Multi-disciplinary arts with a focus in theatre with a social justice message. *September 2023- June 2024.*

*\*\*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](mailto:t.lucas@newsettlement.org)

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