



# GLOW

GIRLS LEADING OUR WORLD

YOGA

SUCCLANT  
PLANTING

*Kickoff*

DONUTS \* HOTDOGS \* CIDER

**At First Presbyterian Church  
28 E. Park Ave, Columbiana**

**Saturday, September 25th**

TIE  
DYE

**1 PM - 4 PM**

FACE  
PAINTING

A PROGRAM DESIGNED SPECIFICALLY FOR GIRLS AGES 11-17

Funded by CCDJFC Organized by The Way Station



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Dear Parent or Guardian,

GLOW exists because a study of 10,000 plus girls found that on average a girl's confidence plummets between 5th and 9th grade and it does not rebound to pre-middle school levels. That's where GLOW steps in. GLOW is a free program focused on helping girls retain, cultivate, and develop a greater sense of self-esteem and self-worth. We do this through games, arts & crafts, community service, lessons, and guest speakers.

**Topics We Cover:**

Self-Talk	Healthy Relationships
Body Image	Being a Friend
Dealing with Stress	Girls Supporting Girls
Navigating Social Media	Goal-setting
Personal Values	Decision Making
Life Skills	Self-Reliance
Reproductive Education; an age appropriate research based approach	

**Girls who participate in GLOW say this the program:**

"GLOW helps girls love themselves."  
"At GLOW I learned that I'm more than I thought."  
"I learned that we are all very powerful."  
"GLOW helps girls be confident and helps them become a better person."

Feel free to reach out with any questions.

Sincerely,  
Ellen Stryffeler  
Columbiana Program Director  
(330) 482-5072

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