



CALLING ALL 10th Grade Girls! From Bergen, Essex, Hudson, Morris & Passaic counties

Empower U(niversity) is the YWCA NNJ's 10 month girls personal, professional, and empowerment program. Meetings will be held 3 times a month virtually, with a mix of evidence based activities and lessons, as well as female mentors appearing as guest speakers.

- ### GIRLS CAN EXPECT TO:
- ▶ Explore different professions and college programs
 - ▶ Develop professional relationships with female leaders and professionals in the area
 - ▶ Learn public speaking, interviewing skills, and professionalism
 - ▶ Identify and explore their own unique strengths
 - ▶ Create connections with strong women, and friendship with girls in the program
 - ▶ Topics we will cover include: financial literacy, self-care, personal strengths/interests, community engagement, and more!

Questions?
Contact Elian Mustafa
emustafa@ywcannj.org
201-345-1891

Cost=\$100/girl*
*Program scholarships are available

Apply now through September 20th!
APPLICATION