



Northern New Jersey

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NEWS RELEASE

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YWCA Northern New Jersey's Empower (U)niversity is accepting applications for the Class of 2021

A 10-month girls, personal, professional, and empowerment program

September 9, 2020—YWCA Northern New Jersey (YWCANNJ) is currently accepting applications for their Empower (U)niversity program, now in its 6th year. Empower U is a 10-month, all-girls leadership program designed to help its participants balance themselves physically, emotionally, and intellectually. All girls entering the 10th grade are encouraged to apply now through September 20th.

Empower U gives young women the tools they need to balance themselves physically, emotionally, and intellectually. Impactful programs centered around personal growth, career development and community service provide teen girls the opportunity to become more confident, college-bound, and career-ready. The empowerment program, which meets virtually 3 times a month is a mix of evidence based activities and lessons. In addition to the meetings, girls will participate in mentoring sessions with female guest speakers who are experts in their fields and span the spectrum of career paths. An emphasis on STEM based learning activities are supported to better prepare girls for 21st century positions that await them.

“We see the long term benefits of our empowerment programs for girls, which continues to support their growth both academically and emotionally says YWCANNJ CEO Helen Archontou. “Our goal is always to provide ways for these young women to develop more self-confidence, which ultimately reflects in their personal accomplishments and how they make an impact in our world.

Register for Empower (U)niversity 2020-2021 by clicking on the link below:

<https://ywcannj.wufoo.com/forms/rbp9axe1h5k1j1/>

There is a \$100 program fee for all applicants, but scholarships are available for those in need.

For more information, contact Lori Murray at lmurray@ywcannj.org.

About YWCA Northern New Jersey

YWCA Northern New Jersey is dedicated to eliminating racism, empowering women, and promoting equality for all. We operate healingSPACE, Bergen County's only Sexual Violence Resource Center (hotline: 201-487-2227), and are a leading provider of year-round child care, swim, and wellness programs. Our 100th year kicked off the expansion of our service area to include Essex, Hudson, Morris, and Passaic counties and our continued commitment to Bergen. We improve the lives of thousands of women, girls, and families with the generous support of our donors. Learn more by visiting ywcannj.org, following @ywcannj on social media, and downloading the healingSPACE app from your app store.

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