

CONTACT:

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Program Director (440) 350-3192

Course Schedule:

- **Eight week program**
- **Monday Evenings:** 5:30pm-8:30pm
- **First Session:** Includes Parent Orientation

Lake County Juvenile Court
Judge Karen Lawson

New Voices:

Self Esteem Program for Girls

Self Discovery & Empowerment

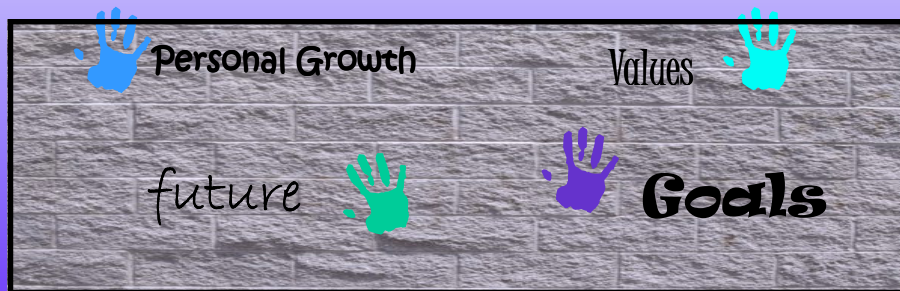
- **Self**
- **Self & Others**
- **Healthy Living**
- **Journey Ahead**



Purpose of the Program:

"...was created to address the unique needs of adolescent girls...Voices encourages girls to seek and celebrate their "true selves" by giving them a safe space, encouragement, structure and support to embrace their important journey of self discovery!"

Dr. Stephanie Covington



"S.O.S. Wall"
Support of Sisters

This program incorporates a strength based approach that helps girls to identify and apply their power and voices as individuals as they focus on issues that are important in their lives...**the four major themes include:**

Self

Who am I?

- Values clarification
- Decision making

Connecting with Others

How can I express my self with others in healthy ways?

- Communication
- Relationships

Healthy Living

(Body, Mind and Spirit)

- Physical Wellness
- Emotional Wellness
- Spirituality

The Journey Ahead

Where am I going & how do I get there?

- Goal Setting
- Career aspirations
- Community Resources