



YOU GO, GIRL!

2018-2019

Welcome to You Go, Girl!, one of Shrewsbury Youth and Family Services' most popular programs. This program focuses on the concerns, hopes, dreams and goals of middle school girls by discussing the important changes they are experiencing during this critical time in their lives. They will learn how to strengthen their self-confidence, manage emotions, and communicate better with friends and family members. There will be plenty of practice in decision making and problem solving too! They will learn how being healthy will help them become the person they are meant to be. We have included ways to stay drug-free and help others stay drug-free. Finally, they will practice setting goals and thinking about ways to make the most of themselves!

This program will run for three 8-week sessions on Tuesdays from 3:00 PM – 5:00 PM at SYFS, 222 Maple Avenue (The Higgins Building), Shrewsbury, MA.

Session 1: October 2 – November 20, 2018

Session 2: January 8 – March 5, 2019

Session 3: March 26 – May 21, 2019

Cost: \$100.00 per session

*Excludes school vacation weeks

Registration: <https://give.classy.org/syfsyouogirl>

**BE THE GIRL WHO FIXES ANOTHER GIRL'S CROWN
WITHOUT TELLING THE WORLD THAT IT WAS CROOKED!**