

Noon - 4 pm
Young Women's Resource Center
705 East 2nd Street • Des Moines



Free!

In preparation for Middle School the Young Women's Resource Center presents a fun-filled week of activities and education for any girl who will be starting middle school in Fall 2009.

Movin' On To Middle School

Lunch, Snacks, and Beverages provided each day.

Transportation available upon request .

If your own transportation arrangements can be made that would be preferred as transportation is available to a limited number of participants and available on a first come first serve basis.

Transitioning to Middle School can be a scary time for girls not knowing what to expect. In an effort to prepare young women for this important transition in their life and give them confidence, the Young Women's Resource Center is presenting a week long program geared toward girls in the community who are about to enter 6th grade. This program will explore many topics that are relevant to these girls and provide them with an opportunity to learn about crucial topics they face while having fun at the same time.



Daily Topics

- **Getting to Know You:** Introductions, ice-breakers and a fun filled afternoon of indoor and outdoor activities. Time will also be spent introducing young women to the many services of the Center.
- **Body Image & Self Esteem:** Focus on maintaining a healthy body image and positive self esteem throughout adolescence and beyond.
- **Relationships:** Focus on relationship building with peers; healthy and unhealthy relationships with friends, family and boys will also be explored.
- **Reproductive Health:** Focus on the many aspects of puberty and the physical changes occurring while learning more about her body and her menstrual cycle.
- **Field Trip:** Event to be determined. Will include transportation, lunch, and activities.

To register please call Sarah Graham at 244-4901. Registration is required and offered on a first come, first serve basis. Limited space is available.



705 East 2nd Street
Des Moines, Iowa