



# SHINE BRIGHT! MENTORSHIP PROGRAM

presented by Y Minority Achievers

**October 4 – November 15**

**Every Wednesday from 5:30–7 PM**

Shine Bright! is a 7-week Mentorship program designed for girls, grades 7–12, to address areas that will help her SHINE BRIGHT!



## SESSIONS

- Goal Setting
- Vision Boards
- Yoga/Positive Self Talk
- Healthy Relationships
- Healthy Spending
- Internet Safety
- Stress Management
- Service Project



## Each Participant Receives

- Dinner ✓
- T-Shirt ✓
- YMCA Membership ✓
- Yoga Mat ✓
- Notebook ✓

REGISTER



[ymcastark.org/programs](http://ymcastark.org/programs)

**This program is free thanks to the Women's Endowment of Stark County Community Foundation**