

**STRONG
SMART
BOLD**

Girls Inc. of Jacksonville 2019 – 2020 Middle School Mentoring Program For girls in 6th – 8th grades

**girls
inc.**
of Jacksonville

Girls Inc. of Jacksonville equips girls to navigate gender, economic and social barriers and grow into healthy, educated, and independent adults. Our mentoring program focuses on age and developmentally appropriate experiential activities that enhance healthy living, academic achievement, and life skills development.

2019 – 2020 Programming

STRONG

- I. Healthy Nutrition
 - Culinary demonstrations
- II. Healthy Lifestyle
 - Exercise classes
- III. Adolescent & Reproductive Health

SMART

- I. College & Career Readiness
 - Grade level transition workshops

BOLD

- I. Bold Skills
 - Healthy Mind & Staying Healthy
 - Body image
 - Social Emotional Learning



Mentor Program Hours

Every other Saturday: 10 a.m. – 2 p.m.
The Girls Inc. Mentor Program will meet with enrolled girls every other Saturday. Mentors will also meet with their mentees, individually, throughout the week.

Programming is free of charge and includes both snacks and lunch for mentees

Program Overview and Goals

Overview

Our Strong, Smart & Bold programs address the myriad barriers girls from low-income families have in their lives that prevent them from graduating from high school and breaking female generational cycles of poverty and welfare. Our mentoring program focuses on age and developmentally appropriate activities that enhance healthy living, academic achievement, and bold skills development

Goals

- To provide Strong, Smart, & Bold mentoring programming to 6th – 8th grade girls to support their ability to make good grades and on-time grade advancements.
- To provide girls with the tools they need to avoid risky behaviors, resist peer pressure, and to advocate for themselves and their needs.
- To develop the mindset and skills to make healthy lifestyle choices.
- To expose mentees to multiple opportunities, so as to expand their knowledge and worldview.

2019-2020 Outings

- Jaguars game – Honor Rows
- Relevant movies
- Jacksonville Zoo
- Mother/Daughter Seminars
- Fitness Day
- Girls Who Brunch
- Girls Empowerment Conference

Mentor Program Contact Information

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Visit our website for general information at GirlsIncJax.org