



**I AM WOMAN
R.O.S.E. MENTORSHIP PROGRAM**



THURSDAY'S
JULY 20, 2023 – OCTOBER 5, 2023

FREE

**I AM WOMAN
YOUNG R.O.S.E. MENTORSHIP PROGRAM**
12 WEEKS

1. CREATE A DIY JOURNAL
2. VISION BOARD
3. CREATING AFFIRMATION CHART
4. SELF REFLECTION (IDENTIFYING WHO YOU ARE)
5. FINDING YOUR PASSION (WHAT MOTIVATE YOU AND GIVE YOU A SENSE OF JOY)
6. COLLEGE PREP
7. FIELD TRIP
8. BREAKTHROUGH CHALLENGE (5 STEPS)
9. GROWTH MINDSET POSTER
10. HOW TO LOVE YOURSELF (SELF CARE)
11. PAY IT FORWARD (COMMUNITY SERVICE WORK)
12. REFLECTION OF THE 12 WEEKS AND A COMPLETION CERTIFICATE

FREE
FOR GIRLS
AGE 12-21

**CONTACT Y.C.O. UNIT
PO MAY 917-226-7548**

DINNER PROVIDED

**LIVING REDEMPTION CDC
CONTACT: 917-809-8990**

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