



Leadingladiesempowerment.org
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Dear Teens and Parent/Guardians,

The Leading Ladies 4 Life are extremely excited to present to you "The Leading Ladies4 Life In-School Experience"!

DID YOU KNOW THAT???

- "78% of girls with low self-esteem admit that it is hard to feel good in school when you do not feel good about how you look (compared to 54% of girls with high self-esteem)." [PBS.org](#)
- "42% of first, second and third grade girls want to lose weight." [PBS.org](#)
- According to the surgeon general, "Youth are facing a Mental Health Crisis"
- Teens are feeling isolated and loneliness at higher and higher rates

The ultimate goal of the LL4L IN-SCHOOL EXPERIENCE is to surround teens with like-minded positive peers who uplift, support and encourage each other to be their authentic selves, embrace uniqueness. This goal is in line with the mission of Leading Ladies 4 Life which is "to aide young ladies in the development of positive and powerful attitudes that will guide them into becoming resourceful and resilient adults".

This program is designed to meet weekly in 10 unit modules at your home school; however, teens will also be invited to participate in our large group Leading Ladies activities such as: community service, mentoring program, holiday celebration, mother daughter dinner theater outing and our end of the year awards ceremony. Our tentative calendar is as follows:

- YOUR SCHOOL WEEKLY MEETINGS: Mondays – September 15, 2024 – May 4, 2025
SHORE CULTURAL CENTRE, 291 E. 222ND, EUCLID, OH 44123
- Mentor Match-Up November 8
- November 29th – Character Development through Kwanzaa Principles
- January 3 - Vision Board Brunch
- February 28th – Black/Women's History Month Celebration
- March 26th - Dinner Theater Outing – Invite only
- April 4th – Wellness Challenge
- May 23rd – Etiquette Tea Party
- June 19th – Overnight Summit – invite only

Soooo... Once again, WELCOME. If you have any questions or concerns, do not hesitate to drop a note in the suggestion Box, email leadingladiesincempowerment@gmail.com, call or text.

Sincerely,

Sabrina L. Humphries, Founder/Executive Director, 216-269-0160