



OAK PARK
TOWNSHIP

*Girls
on the* **RISE**

EMPOWERING GIRLS OF COLOR



**YOUTH & FAMILY
SERVICES**

SERVING OAK PARK & RIVER FOREST

Girls on the Rise is an essential and beneficial program focused on empowering **girls of color**. The purpose of Girls on the Rise is to help girls discuss and deal with issues and situations that they often face during their pre-teen and teenage years. At the same time, they are focusing on social and emotional learning such as self-management, relationship skills, decision making and social awareness while also embracing and celebrating their cultural roots. Through the experience of our facilitators, Girls on the Rise provides a supportive and open environment where girls can discuss their issues in an atmosphere of openness, courage, and support. This creative program helps to prepare girls for a successful transition to middle school and high school through a curriculum that includes art, music, dance, guest speakers and more. Projects and activities have included:

- Confidence Walks with African Drums
- Women's History Month art project
- Vision Boards
- Cultural Masks
- Natural Hair workshop and more!

Girls on the Rise is available free to those in grades 3rd-8th attending Willard Elementary, Roosevelt Middle School, Percy Julian Middle School and Gwendolyn Brooks Middle School. For more information or to register your student, contact Girls on the Rise Manager Dominique Hickman at (708) 622-8673 or via email at dhickman@oakparktownship.org. Space is limited.



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OAK PARK TOWNSHIP YOUTH & FAMILY SERVICES

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