

**Kim Menezes**

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**From:** Printing & Publishing 3Ds [PPSS3DS@LISTSERV.ARIZONA.EDU] on behalf of 3D Memos [ppgs@email.arizona.edu]  
**Sent:** Tuesday, March 31, 2009 11:04 AM  
**To:** PPSS3DS@LISTSERV.ARIZONA.EDU  
**Subject:** Young Women's Empowerment Academy AND Parent Workshops - FREE! FUN!

**SUBJECT:** Young Women's Empowerment Academy AND Parent Workshops

**FREE! FUN!**

Young Women's Empowerment Academy: Healthy Selves, Healthy Communities!

**When:** Saturday, April 18, 2009, 8:00am-2:30pm

**Where:** UA Bear Down Gym, University of Arizona

Free! Fun-filled! Educational! Open to all girls between the ages of 12 and 16. Lunch will be provided.

The UA Commission on the Status of Women invites girls and young women (ages 12-16) to take part in the Third Annual Young Women's Empowerment Academy. Our theme this year is Healthy Selves, Healthy Communities! This year's workshops and activities encourage girls and young women to think about themselves, their community and how to get involved in activities that promote positive change. We'll discuss topics such as: body image, leadership, identity, goals and opportunities for community involvement.

Girl power! Interactive workshops and activities lead by facilitators from the following organizations:

- . Volunteer Organization of Southern Arizona
- . Tucson Community Food Bank
- . UA Women's Resource Center
- . Kore Press/visionaries filmworks, inc
- . Danza Mexica Cuauhtemoc

Participants should wear clothes and shoes that are comfortable.

Bring a non-perishable food item for donation to the Community Food Bank.

REGISTER for girls' activities: [http://csw.arizona.edu/programs\\_youth.cfm](http://csw.arizona.edu/programs_youth.cfm)

PLUS Parent/Guardian Workshops!

These optional workshops are FREE. We invite parents, guardians and caregivers to join us for an engaging two hour morning program from 9:00-11:00 a.m. Please join us for a cup of coffee and a breakfast snack and participate in two morning workshops. Activities will focus

on strategies to be "an askable parent" and ways parents can encourage and support young women to be themselves, set and achieve goals, and have high self-esteem.

After the workshop, families may follow our self-guided tour of The University of Arizona campus. Return to Bear Down Gym for closing ceremonies at 1:45 p.m. or pick up daughters at 2:30 p.m.

REGISTER for parent workshops: [http://csw.arizona.edu/youth\\_parent\\_reg.cfm](http://csw.arizona.edu/youth_parent_reg.cfm)

For additional information or questions, please contact:

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