

# Northwest Family Services: Stay On Track

**WHEN:** JANUARY 5TH-MARCH 9TH

**WHERE:** MICROSOFT TEAMS

**FOR:** MIDDLE SCHOOL LADIES (11-13 YEARS OLD)

**PROGRAM COST:** FREE

**TIME:** 3:00PM-4:00PM

Be part of a group of young ladies from diverse backgrounds. One hour a week, we will socialize, have engaging conversations, and connect with our community. There will be opportunities to choose from hands-on workshops on art, and skills for academic success. Which includes: how to effectively communicate with teachers and counselors, time/stress management, prevention workshops, organization skills, navigating distance learning, and homework/grade follow-ups. Supplies will be provided.



JANUARY 5TH	ARTS AND CREATIVITY
JANUARY 12TH	SCHOOL SUPPORT
JANUARY 19TH	PREVENTION
JANUARY 26TH	PEER INFLUENCE
FEBRUARY 2ND	SCHOOL SUPPORT
FEBRUARY 9TH	ARTS AND CRAFTS
FEBRUARY 16TH	PREVENTION
FEBRUARY 23RD	SCHOOL SUPPORT
MARCH 2ND	BUILDING CONNECTIONS
MARCH 9TH	GUEST SPEAKER
MARCH 16TH	WINTER VIRTUAL PARTY!!

**To register or ask questions**, contact our bilingual staff members (Spanish/English)

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