

eliminating racism
empowering women

ywca

Northern New Jersey



ARE YOU READY?

YW RISE

9 month program designed to teach female middle schoolers about mental health and self-care and empower them to take social action in their communities.



TEAM BUILDING



CONFIDENCE

PARTICIPANTS WILL..

- Build confidence
- Gain leadership skills
- Learn self-care strategies
- Benefit from experienced female mentors
- Enjoy a safe environment to express their thoughts, concerns and ideas



SOCIAL ACTION

All to inspire the next generation of female students to recognize their talents, lifelong potential and get involved with the issues that impact their lives.



LEADERSHIP

Want to learn more?

Contact Maddy Doubet,
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