



**YWCA Mankato**

## Holy Rosary Church Spring 2020

**Meets Mondays &  
Fridays**

### Important Dates

**Monday, February 17th:**  
No Girls on the Run

**Monday, March 9th**  
No Girls on the Run

**Friday, March 13th**  
No Girls on the Run

**Friday, March 27th**  
No Girls on the Run

**Monday, March 30th**  
No Girls on the Run

**Friday, April 10th**  
No Girls on the Run

**Monday, April 20th**  
Practice 5k

**Saturday, May 2nd**

### Identity: Self– Care, Self-Awareness, Knowing Self

M Feb 10	Lesson 1: Connecting as a Girls on the Run Team
F Feb 14	Lesson 2: Choosing to be a Girl on the Run
<b>M Feb 17</b>	<b>NO GIRLS ON THE RUN</b>
F Feb 21	Lesson 3: Star Power
M Feb 24	Lesson 4: Your Star
F Feb 28	Lesson 5: Self-Talk
M Mar 2	Lesson 6: BeYOUtiful
F Mar 6	Lesson 7: Our Emotions

### Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

<b>M Mar 9</b>	<b>NO GIRLS ON THE RUN</b>
<b>F Mar 13</b>	<b>NO GIRLS ON THE RUN</b>
M Mar 16	Lesson 8: Expressing Our Emotions
F Mar 20	Lesson 9: Empathy
M Mar 23	Lesson 10: Words Matter
<b>F Mar 27</b>	<b>NO GIRLS ON THE RUN</b>
<b>M Mar 30</b>	<b>NO GIRLS ON THE RUN</b>
F Apr 3	Lesson 11: Friendships
M Apr 6	Lesson 12: Choosing Friendships
<b>F Apr 10</b>	<b>NO GIRLS ON THE RUN</b>
M Apr 13	Lesson 13: Resolving Conflicts with Friends

### Empowerment: Celebrating and Sharing Our Strengths

F Apr 17	Lesson 14: Standing Up For Others
<b>M Apr 20</b>	<b>Lesson 15: Practice 5K!</b>
F Apr 24	Lesson 16: Compromise (Brainstorming and Deciding Our Community Impact project)
M Apr 27	Lesson 17: Supporting Each Other (Planning the Community Impact Project)
F May 1	Lesson 18: Joy
<b>S May 2</b>	<b>GOTR 5K Event</b>
M May 4	Lesson 19: Using Our Star Power (Implementing the Community Impact Project)
F May 8	Lesson 20/21: GOTR Toolbox/Final Celebration