



YWCA Mankato

**Epiphany Lutheran
Church, Eagle Lake**

Spring 2020

**Meets Tuesday &
Thursdays**

Important Dates

Tuesday, March 10th:

No Girls on the Run

Thursday, March 12th:

No Girls on the Run

Thursday, March 26th

No Girl son the Run

Thursday, April 9th

No Girls on the Run

Tuesday, April 14th

Practice 5K

Saturday, May 2nd

GOTR 5K Event

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

Tu Feb 11	Lesson 1: Connecting as a Girls on the Run Team
Th Feb 13	Lesson 2: Choosing to be a Girl on the Run
Tu Feb 18	NO GIRLS ON THE RUN
Th Feb 20	Lesson 3: Star Power
Tu Feb 25	Lesson 4: Your Star
Th Feb 27	Lesson 5: Self-Talk
Tu Mar 3	Lesson 6: Be-You-Tiful
Th Mar 5	Lesson 7: Our Emotions

Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

Tu Mar 10	NO GIRLS ON THE RUN
Th Mar 12	NO GIRLS ON THE RUN
Tu Mar 17	Lesson 8: Expressing Our Emotions
Th Mar 19	Lesson 9: Empathy
Tu Mar 24	Lesson 10: Words Matter
Th Mar 26	NO GIRLS ON THE RUN
Tu Mar 31	Lesson 11: Friendships
Th Apr 2	Lesson 12: Choosing Friends

Empowerment: Our Strengths

Tu Apr 7	Lesson 13: Resolving Conflicts with Friends
Th Apr 9	NO GIRLS ON THE RUN
Tu Apr 14	Lesson 15: Practice 5K
Th Apr 16	Lesson 14: Standing up for Others
Tu Apr 21	Lesson 16: Compromise
Th Apr 23	Lesson 17: Supporting Each Other (Brainstorming and Deciding Our Community Impact Project)
Tu Apr 28	Lesson 18: Joy Lesson
Th Apr 30	19: Using Our Star Power (Implementing the Community Service Project)
S May 2	GOTR 5K Celebration
Tu May 5	Lesson 20/21: Using Our GOTR Toolbox/Final Celebration