



**YWCA Mankato**

**St. Joseph  
the Worker  
Spring 2020**

**Meets Mondays &  
Thursdays**

**Important Dates**

**Monday, February 17th:  
No Girls on the Run**  
**Monday, March 9th  
No Girls on the Run**  
**Thursday, March 12th  
No Girls on the Run**  
**Thursday, March 26th  
No Girls on the Run**  
**Monday, March 30th  
No Girls on the Run**  
**Thursday, April 9th  
No Girls on the Run**  
**Thursday, April 16th  
Practice 5K**  
**Saturday, May 2nd  
GOTR 5K Event**

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

M Feb 10	Lesson 1: Connecting as a Girls on the Run Team
T Feb 13	Lesson 2: Choosing to be a Girl on the Run
M Feb 17	<b>NO GIRLS ON THE RUN</b>
T Feb 20	Lesson 3: Star Power
M Feb 24	Lesson 4: Your Star
T Feb 27	Lesson 5: Self-Talk
M Mar 2	Lesson 6: BeYOUtiful
T Mar 5	Lesson 7: Our Emotions

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

M Mar 9	<b>NO GIRLS ON THE RUN</b>
T Mar 12	<b>NO GIRLS ON THE RUN</b>
M Mar 16	Lesson 8: Expressing Our Emotions
T Mar 19	Lesson 9: Empathy
M Mar 23	Lesson 10: Words Matter
T Mar 26	<b>NO GIRLS ON THE RUN</b>
M Mar 30	<b>NO GIRLS ON THE RUN</b>
T Apr 2	Lesson 11: Friendships
M Apr 6	Lesson 12: Choosing Friendships
T Apr 9	<b>NO GIRLS ON THE RUN</b>
M Apr 13	Lesson 13: Resolving Conflicts with Friends

**Empowerment: Our Strengths**

T Apr 16	Lesson 15: Practice 5K
M Apr 20	Lesson 14: Standing Up For Others
T Apr 23	Lesson 16: Compromise
M Apr 27	Lesson 17: Supporting Each Other (Brainstorming and Deciding Our Community Impact project)
T Apr 30	Lesson 18: Joy
S May 2	<b>GOTR 5K Event</b>
M May 4	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
T May 7	Lesson 20/21: Final Celebration