



YWCA Mankato

**Crossview Covenant
Church**

Spring 2020

**Meets Tuesdays &
Fridays**

Important Dates

Tuesday, February 18th:
No Girls on the Run

Tuesday, March 10th:
No Girls on the Run

Friday, March 13th:
No Girls on the Run

Friday, March 27th:
No Girls on the Run

Friday, April 10th
No Girls on the Run

Friday, April 17th:
Practice 5k

Saturday, May 2nd
GOTR 5k Event

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

T Feb 11	Lesson 1: Connecting as a Girls on the Run Team
F Feb 14	Lesson 2: Choosing to be a Girl on the Run
T Feb 18	NO GIRLS ON THE RUN
F Feb 21	Lesson 3: Star Power
T Feb 25	Lesson 4: Your Star
F Feb 28	Lesson 5: Self-Talk
T Mar 3	Lesson 6: BeYOUtiful
F Mar 6	Lesson 7: Our Emotions

Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

T Mar 10	NO GIRLS ON THE RUN
F Mar 13	NO GIRLS ON THE RUN
T Mar 17	Lesson 8: Expressing Our Emotions
F Mar 20	Lesson 9: Empathy
T Mar 24	Lesson 10: Words Matter
F Mar 27	NO GIRLS ON THE RUN
T Mar 31	Lesson 11: Friendships
F Apr 3	Lesson 12: Choosing Friendships
T Apr 7	Lesson 13: Resolving Conflicts with Friends
F Apr 10	NO GIRLS ON THE RUN
T Apr 14	Lesson 14: Standing Up For Others

Empowerment: Celebrating and Sharing Our Strengths

F Apr 17	Lesson 15: Practice 5k!
T Apr 21	Lesson 16: Compromise (Brainstorming and Deciding Our Community Impact project)
F Apr 24	Lesson 17: Supporting Each Other (Planning Community Impact Project)
T Apr 28	Lesson 18: Joy
F May 1	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
S May 2	GOTR 5K Event
T May 5	Lesson 20/21: Using out GOTR Toolbox/Final Celebration