



YWCA Mankato

St. Clair

Spring 2020

**Meets Mondays &
Thursdays**

Important Dates

Monday, March 23rd
No Girls on the Run

Monday, April 6th
No Girls on the Run

Thursday, April 9th
No Girls on the Run

Monday, April 13th
No Girls on the Run

Monday, April 27th:
Practice 5k

Saturday, May 2nd
GOTR 5k Event

Monday, May 25th:
No Girls on the Run

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

M Mar 9	Lesson 1: Connecting as a Girls on the Run Team
Th Mar 12	Lesson 2: Choosing to be a Girl on the Run
M Mar 16	Lesson 3: Star Power
Th Mar 19	Lesson 4: Your Star
M Mar 23	NO GIRLS ON THE RUN
Th Mar 26	Lesson 5: Self-Talk
M Mar 30	Lesson 6: BeYOUtiful
Th Apr 2	Lesson 7: Our Emotions

Connectedness: Selecting and Keeping Healthy Relationships

M Apr 6	NO GIRLS ON THE RUN
Th Apr 9	NO GIRLS ON THE RUN
M Apr 13	NO GIRLS ON THE RUN
Th Apr 16	Lesson 8: Expressing Our Emotions
M Apr 20	Lesson 9: Empathy
Th Apr 23	Lesson 10: Words Matter Lesson 12: Choosing Friendships
M Apr 27	Lesson 15: Practice 5K!
Th Apr 30	Lesson 11: Friendships
S May 2	GOTR 5K Event!
M May 4	Lesson 12: Choosing Friendships
Th May 7	Lesson 13: Resolving Conflict
M May 11	Lesson 14: Standing up for Others

Empowerment: Celebrating and Sharing Our Strengths

Th May 14	Lesson 16: Compromise
M May 18	Lesson 17: Supporting Each Other/Community Impact Project
Th May 21	Lesson 18: Joy
M May 25	NO GIRLS ON THE RUN
Th May 28	Lesson 19: Using Our Star Power/Implementing the Community Impact Project
M Jun 1	Lesson 20/21: Final Celebration