



**Crossview Covenant  
Church**  
**Fall 2019**  
**Meets Tuesdays &  
Fridays**

**Important Dates:**  
**Friday, October 18th:**  
**No Girls on the Run**  
**Friday, November 1st:**  
**Practice 5k!**  
**Friday, November 8th:**  
**No Girls on the Run**  
**Saturday, November 16th:**  
**GOTR 5k Event!**

**Identity:**

**Self- Care, Self-Awareness, Knowing Self**

T Sept 10	Lesson 1: Becoming a Girls On The Run Team
F Sept 13	Lesson 2: Choosing to be a Girl on the Run
T Sept 17	Lesson 3: Star Power
F Sept 20	Lesson 4: Self-Talk Matters
T Sept 24	Lesson 5: Finding Balance
F Sept 27	Lesson 6: Exploring Emotions
T Oct 1	Lesson 7: Stop and Take a BrThRR

**Connectedness:**

**Selecting Healthy Relationships and Keeping Them Healthy**

F Oct 4	Lesson 8: Empathy
T Oct 8	Lesson 9: Making Friends
F Oct 11	Lesson 10: Being Friends
T Oct 15	Lesson 11: Choosing Friends
<b>F Oct 18</b>	<b>NO GIRLS ON THE RUN</b>
T Oct 22	Lesson 12: Communicating with Others
F Oct 25	Lesson 13: Working as a Team

**Empowerment:**

**Celebrating and Sharing Our Strengths**

T Oct 29	Lesson 14: How We Help
<b>F Nov 1</b>	<b>Lesson 15: Practice 5K!</b>
T Nov 5	Lesson 16: Compromise (Brainstorming and Deciding Our Community Impact Project)
<b>F Nov 8</b>	<b>NO GIRLS ON THE RUN</b>
T Nov 12	Lesson 17: Our Strengths (Planning the Community Impact Project)
F Nov 15	Lesson 18: Choosing Gratitude
<b>S Nov 16</b>	<b>GOTR 5K Event!</b>
T Nov 19	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
F Nov 22	Lesson 20/21: Using our GOTR Toolbox/Final Celebration