



**YWCA Mankato**

**St. Joseph the  
Worker Church  
Fall 2019**

**Meets Mondays &  
Thursdays**

**Important Dates:**

**Thursday, October 17th:  
No Girls on the Run**  
**Thursday, November 7th:  
Practice 5k!**  
**Saturday, November 16th:  
GOTR 5k Event!**

**Identity:**

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

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|------------|--|
| M Sept 16  | Lesson 1: Becoming a Girls On The Run Team |
| Th Sept 19 | Lesson 2: Choosing to be a Girl on the Run |
| M Sept 23  | Lesson 3: Star Power                       |
| Th Sept 26 | Lesson 4: Self-Talk Matters                |
| M Sept 30  | Lesson 5: Finding Balance                  |
| Th Oct 3   | Lesson 6: Exploring Emotions               |
| M Oct 7    | Lesson 7: Stop and Take a BrThRR           |

**Connectedness:**

**Selecting Healthy Relationships and Keeping Them Healthy**

|                  |                                      |
|------------------|--------------------------------------|
| Th Oct 10        | Lesson 8: Empathy                    |
| M Oct 14         | Lesson 9: Making Friends             |
| <b>Th Oct 17</b> | <b>NO GIRLS ON THE RUN</b>           |
| M Oct 21         | Lesson 10: Being Friends             |
| Th Oct 24        | Lesson 11: Choosing Friends          |
| M Oct 28         | Lesson 12: Communicating with Others |
| Th Oct 31        | Lesson 13: Working as a Team         |

**Empowerment:**

**Celebrating and Sharing Our Strengths**

|                 |   |
|-----------------|---|
| M Nov 4         | Lesson 14: How We Help  |
| <b>Th Nov 7</b> | <b>Lesson 15: Practice 5K</b>   |
| M Nov 11        | Lesson 16: Compromise (Brainstorming and Deciding Our Community Impact Project) |
| Th Nov 14       | Lesson 17: Our Strengths (Planning the Community Impact Project)                |
| <b>S Nov 16</b> | <b>GOTR 5K Event!</b>   |
| M Nov 18        | Lesson 18: Choosing Gratitude   |
| Th Nov 21       | Lesson 19: Using Our Star Power (Implementing the Community Service Project)    |
| M Nov 25        | Lesson 20/21: Using our GOTR Toolbox/Final Celebration                          |