

Empowerment starts here!

Join 'It's a Girl Thing' and embark on a journey of self-discovery and growth. Our mission is simple yet profound: to reshape perceptions, circumstances, and lives of teen girls. Through engaging activities, insightful education, and influential testimonials, we equip girls in grades 6-12 with the tools they need to navigate crucial topics like pregnancy and STD prevention, while fostering self-worth and goal-setting.



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Enroll now and be part of a supportive community that meets once a month at Union General Hospital Conference Room, alongside sessions in Union Parish Schools during the academic year. Don't miss out on this opportunity to ignite your potential and embrace your journey to empowerment with 'It's a Girl Thing'!



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**"Providing Quality Service with
Compassionate Care"**



IT'S A GIRL THING MISSION AND GOALS

Our **MISSION** is to help change the views, circumstances, and lives of teen girls.

GOAL: To connect and educate teen girls in 6th to 12th grades with a focus on Pregnancy and STD prevention. We aim to achieve this through educational activities, health information, and testimonials from influential community leaders.

We provide information to teen girls to equip them with tools to understand the importance of self-worth and setting life goals.



WHY ARE SELF-ESTEEM AND BODY IMAGE IMPORTANT?

Self-esteem reflects one's perception of personal worth and the value attributed to them by others. It significantly impacts mental health and behavior. Individuals with high self-esteem possess self-awareness, realism, and develop friendships based on mutual appreciation. They typically exhibit a sense of control over their lives and understand their strengths and weaknesses.

Empowering local teens through education, decision-making, and self-worth. Join 'It's a Girl Thing' to transform lives and futures. Learn more at www.uniongen.org.

Our program includes vital mental health support, ensuring teens have the resources they need to thrive. We provide comprehensive suicide prevention instruction, fostering awareness and resilience.

Learn more at www.uniongen.org or call us at 318-368-9751.



Program Schedule

- **Location:** Union General Hospital Conference Room
- **Frequency:** Once a Month
- **Time:** 5:00–7:00 PM

Union Parish Schools during the school year.

It's a Girl Thing: Making Proud Choices empowers local teens with essential education and skills.

Drug prevention education is a key component, empowering teens to make healthy choices. Join us in creating a supportive and informed community for our youth.