

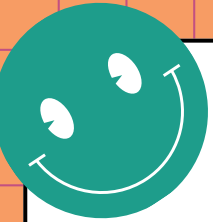
FREE

DIGITAL WELLBEING AFTERSCHOOL WORKSHOPS

Generously sponsored by:
Metrowest Women's Fund,
Metrowest Health Foundation,
& Wellesley Centers for Women

for middle school girls
+ allies with girls

Lead by Wellesley College Students!
Raffle prizes for attending!
Eligible for community service hours!



UPCOMING SESSIONS!

- LGBTQ+** (MEETS IN PERSON AT OUTMETROWEST) **TUESDAY 3/4+3/11**
6:30-8PM
- EMOTIONAL REGULATION** **MONDAY 3/24**
6-7PM
- GENDER STEREOTYPES** **WEDNESDAY 3/26**
7-8PM
- SELF-ESTEEM/** **MONDAY 3/31**
6-7PM
- SELF-CONFIDENCE** **WEDNESDAY 4/2**
7-8PM
- STRESS AWARENESS** **TUESDAY 4/8**
6-7PM
- MISINFORMATION/** **THURSDAY 4/10**
6-7PM
- FAKE NEWS**
- COMMUNITY EMPOWERMENT**



First come, first serve registration
Enroll up to the day of the session!
<https://tinyurl.com/SpringClub2025> or scan QR CODE >

