

LEVERAGING TECH, MINDFULNESS, AND ART FOR MENTAL HEALTH  
AND GENDER EQUITY AND PEACE

# GIRLS WELL-BEING PROJECT

Inquire, Explore, Practice, Reflect, Serve  
10-week Program

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I can focus and concentrate better

Soft belly breathing helps me to calm  
down when I'm anxious

I feel less stress

I am learning I can control my own  
mind and emotions better

Shaking, dancing makes me feel free

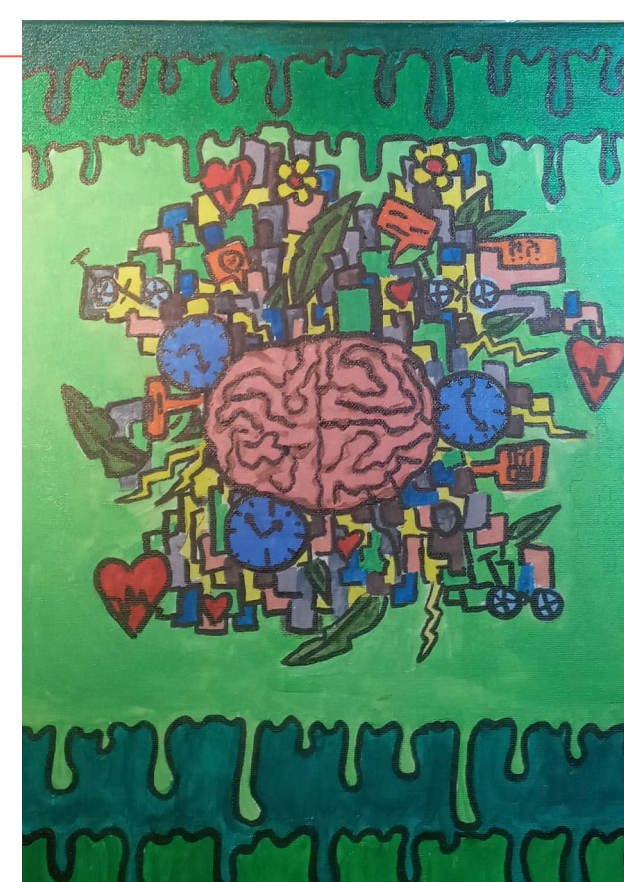
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**Orientation with Parents- 1/31, 6:30-8:00 PM EST/ 5:30-7:00 PM Honduras**

**Classes on Wednesday evenings, 6-8 PM EST/ 5-7 PM Honduras**

**2/7, 2/14, 2/21, 2/28, 3/6, 3/15, 3/22, 3/29, 4/5, 4/12**



**inquiry-based learning, mindfulness, imagery and expressive art,  
movement, nature-based practice, compassion and service to others...  
to better navigate stress, anxiety, fatigue, and unhealthy behaviors,  
improve focus, test taking skills, performance and happiness!**

**Parents Please Sign Forms [HERE!](#)**

**[Register to Attend Orientation session](#)**

**[Contact Instructors](#) for details.**

