

WORKSHOPS

1. Mining Your Mental Menu

- a. **Description:** A group therapy workshop/activity that promotes mirroring how to talk and see oneself in a healthier manner. Participants will start with a conversation on setting boundaries in the brave space, sharing and owning things to combat, finding support with thinking through things to address within themselves, and working on identifying unique thinking and coping strategies to assist with negative self- thinking
- b. **Outcome:** participants will be able to create a physical or digital *mental menu* to serve as a resource for thinking healthier.

2. Loving Me, You, Us

- a. **Description:** A full group workshop to help participants create practical methods of self-love that allow them to strengthen themselves virtuously through their mental well-being, personal relationships, consistent communication with support systems, and a love ethic for our community.
- b. **Outcome:** Participants will be able uncover innate talents, gifts, dreams, develop practical ways to love herself, affirm the redefined womanhood.

3. Discernment as a Decision Making Practice

- a. **Description:** an interactive workshop/lecture to understand the role the body plays during the spiritual wellness process of using discernment as a practical tool for decision making as a tool to move forward in life trusting the decisions they make.
Outcome: Increase sense of self-trust

4. I Want, I Need, I Expect

- a. **Description:** a boundary setting in relationships group therapy session that consists of role playing for women to get comfortable stating their wants, needs, and expectations to people they are in and entering relationships with (both platonic and romantic).
- b. **Outcomes:** To be able to identify boundaries that need to be set, initiate boundary conversations and to uphold the boundaries set in place.

5. #It's Me For Me

- a. **Description:** A honest conversation on identity formation for young women (ages 14-18).

- b. Outcomes:** Leave young women with an appetite for exploring more of their interest and more engaged in the process of forming their identity.
- 6. Create your own:** this is an option to create a workshop that fits the needs and wants of the current audience. This will happen after a needs assessment is conducted.

