"I will awaken each morning with the excitement of a new day and its opportunity for growth and change"

A Girl's Pledge

I am a girl.

I am an expression of beauty, joy & love.

I have the right, the power and the ability, to create a beautiful, joyful & peaceful world for myself & others.

I have a body, but I am not my body.

I have a face, but I am not my face.

I am the most important thing in the world to me.

I am love in motion.

I am the light of the world.

I can create.

I can make a mistake.

I can create something beautiful in all I do.

I deserve the best.

I give my best.

I do my best to always take care of me!

I am a girl!!

I am growing into a woman!

I am it!!!

I am the joy the world is waiting for!

By: Iyanla Vanzant, Don't Give it Away

GIRLS GROUP

Girls Group is a supportive, fun, and educational program

Who

For every young woman
Involved with
Spokane County Juvenile
Court

When

3:30-5:00pm Wednesdays

Where

Juvenile Court Reception
1208 W. Mallon

For More Information:

Contact:
Spokane County
Juvenile Court

(509) 477-2431

Discussion Groups

- Decision Making
- Self esteem
- Family relationships
- Health and Fitness
- Goal setting
- Career/Job seeking skills
- School pressures
- Drug/Alcohol
- Teen dating/pregnancy

Incentives and rewards may be offered to youth to encourage attendance and participation.

Activities We Do

- Hiking
- Biking
- Yoga/relaxation
- Community Events
- Field trips
- Crafts
- Cooking
- Community Resource tours- library, colleges, work source
- Educational Movie/Popcorn night

Please remember to wear comfortable clothes/shoes in-case we head out doors for a hike or bike ride!