



girls 2 great



Certainly, supporting Black girls in their self-care and wellness includes the areas of body image, self-esteem, peer pressure, sexual health, and colorism. This requires a comprehensive programmatic approach. At My Serenity Sanctuary, our Girls2Great program does just that.

Here are key programming elements that make up My Serenity Sanctuary's Girls2Great Program:

Little Sista's Listening Circle (LSLC): Creating a safe space for Black girls (ages 13-17) to discuss their feelings and concerns openly involves setting up virtual or in-person support groups led by trained professionals, mentors, or peers.

GLOW: Girls Loving Our Weight offers programs and resources that promote healthy body image and self-esteem – We do fun activities such as yoga, dance, or other physical activities to help build confidence and self-esteem.

Healthy Being: Working with our health expert partners, we will provide comprehensive sexual health education and resources - This can include information and resources about contraception, STD prevention, healthy relationships, and consent.

The Melanin Connection (TMC): Addresses issues of colorism - This involves having workshop discussions around skin tone bias, educating on the history of colorism, and celebrating diverse beauty, fashion, and hair standards.

Your Voice Matters: Supporting critical thinking skills and self-advocacy - Often, Black girls face systemic oppression and discrimination, so it's important to equip them with critical thinking skills and self-advocacy. We provide workshops on effective communication, negotiation, financial literacy, and conflict resolution skills that can aid in teaching these skills.

Collaboration with other community organizations and professionals – We love working and collaborating with other organizations and professionals in the community who can provide additional resources, funding, and support for programming when needed.

With a comprehensive programmatic approach that includes these and other essential elements, Black girls will have the tools, resources, and support they need to navigate and thrive through difficult experiences they may face.

