

**SUMMER!**  
2014

# Girls Inc. Teen Programs

50 High St, Lynn MA

## Weekly Schedule

**Tuesdays & Thursdays**  
3:30-5

*College Access & Essay Help*

**Mondays**

*12-3 Fun Club*

*3:30-5 Healthy Cooking Club*

**Tuesdays 12-4**

*Sister to Sister*

**Wednesdays 12:30-2:30**

*In the Media*

**Thursdays 3:30-5:30**

*Book Club*

**Fridays 3:30-5:30**

*Fun Fridays, Field Trips,  
College Tours*

*Programs will run from July 7-  
August 15*



Open to any high  
school teen girl

Program descriptions →

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### Monday Funday

A program for girls after school on Fridays to relax and have FUN! Girls will be able to share their ideas for Fun Fridays and choose different activities to do each week! Some possible activities include cooking, arts and crafts, movies, etc. Any High School girl is welcome to come to Girls Inc. to have fun with the group! **Mondays from 12-3.** *Contact any staff for more info*

### Healthy Cooking Club

This groups focuses on healthy eating and nutrition. Every week the group will learn about how to be healthy and prepare or cook healthy snacks and meals. **Mondays 3:30-5**

*\*Contact Karyn (781) 592-9744 ext.232 for more info*

### Sister to Sister

A program where girls can come together to talk about teen health issues: Peer Pressure, Body Image, etc., challenge themselves by doing activities that may be outside of their comfort zones: rock climbing, canoeing, rope courses, snow tubing, and learn what it takes to have a healthy relationship! **Meets Tuesdays, 12-4** at Girls Inc. of Lynn in the Teen Center! *\*Contact: Tasha at [tduester@girlsinclynn.org](mailto:tduester@girlsinclynn.org) 781-592-9744 x 215* Like us on Facebook at THA: Teen Health Ambassadors

### College Access & Essay Assistance

Make an appointment or drop-in to work with our College Mentoring & Access Fellow and Academic Advising Fellow **Tues, & Thursdays 3:30-5pm.** Assistance on college applications, essays, financial aid, and other college related questions. *\*Contact Ingrid (781)-592-9744 ext. 210 or email; [iolson@girlsinclynn.org](mailto:iolson@girlsinclynn.org)*

### In the Media

Explore the variety of media; practice deconstructing obvious and hidden media messages; question the media's focus on appearance of girls and discuss the definition of beauty; experiment with character development and storyboarding; consider the relevance of news media; investigate the use of brand names, logos, and other marketing tools; learn how to influence the media by communicating their opinions to those in power; and explore careers in a variety of media fields. **Wednesdays 12:30-2:30** *\*Contact Cassie (781) 592-9744 ext. 211 or email [cfoley@girlsinclynn.org](mailto:cfoley@girlsinclynn.org)*

### Book Club

A program for girls to explore reading and new books. Also will provide group assistance with summer reading. Have fun picking various books to read, talking about books you like with other teens, and discuss summer reading for school. **Thursdays 1-3pm.** *Contact: Ami at 781-592-9744 ext. 212*

### Fun Fridays

Fun Friday is a program for girls after school on Fridays to relax and have FUN! Girls will be able to share their ideas for Fun Fridays and choose different activities to do each week! Some possible activities include cooking, arts and crafts, movies, apple picking, laser tag, and visiting the marine science center. Any High School girl is welcome to come to Girls Inc. to have fun with the group! **Fridays, times vary.** *Contact any staff for more info.*

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