



## PROGRAM OVERVIEW

# GIRLS COMMUNITY LEADERSHIP PROGRAM

### WHAT

The **Girls Community Leadership Program** is a free virtual leadership series hosted by the Buffalo Sabres Foundation and Playworks.

**REGISTER TODAY**

### WHO

Girls in grades 3-6 who live in or attend school in the Buffalo/Niagara Falls area are eligible to participate in the **Girls Community Leadership Program**.

### ARE YOU READY TO BECOME A LEADER?

This is a unique opportunity to team up with other amazing girls from across the region to:

- Participate in (3) interactive virtual sessions, facilitated by the women of Playworks who serve as coaches and leaders in our community, and additional learning opportunities to practice at home
- Learn amazing leadership skills like effective communication, conflict resolution, team building and more!
- Develop social and emotional skills that will help you grow and enhance your personal development
- Practice leading inclusive games and activities that you can share with friends, family, classmates and teammates

### HOW

The **Girls Community Leadership Program** inspires girls to develop confidence and make intentional choices, while also being compassionate towards themselves and others. Our trained Playworks staff uses both physical activity and dynamic discussions to build physical, social and emotional skills in every girl while encouraging the healthy habits they need for life. In between virtual sessions, students will receive regular communication about activities they can do on their own.

This opportunity is made possible at no cost to the participants through the support of the Buffalo Sabres Foundation.

### WHEN

Cohort members are expected to participate in all three sessions in the series.

<b>1</b>	<b>2</b>	<b>3</b>
<b>SESSION 1</b>	<b>SESSION 2</b>	<b>SESSION 3</b>
MONDAY APRIL 26, 2021 4:15PM - 5:45PM	WEDNESDAY MAY 19, 2021 4:15PM - 5:45PM	MONDAY JUNE 14, 2021 4:15PM - 5:45PM

### REGISTRATION

To join this special group, click the link below. After registering, you will receive an email confirmation from Playworks with program details and an introduction to your Coaches.

### ABOUT PLAYWORKS

Playworks is a nonprofit organization that helps schools and youth-serving organizations create environments where every child can experience the benefits of play, whether in the classroom, on the recess field or at home with their families. Playworks programming develops fundamental social and emotional skills such as self-regulation, conflict resolution, empathy, teamwork, and leadership. To learn more about Playworks visit our website: <https://www.playworks.org/>



**REGISTER TODAY**

