

## PRESS RELEASE

### Full of Ourselves offers Evening Program

The transition to middle school is a big transition for girls. South Windsor Youth & Family Services would like to help ease the transition through a fun, informative, enrichment program. Full of Ourselves: A Wellness Program for girls entering 6<sup>th</sup> grade in the fall of 2009 will be offering 2 one week evening sessions. 1<sup>st</sup> session: 8/3-8/6 5:30-7 p.m. 2<sup>nd</sup> session: 8/10-8/13 5:30-7 p.m. The program takes place at the Community Center.

At the end of the program girls will demonstrate the following: higher levels of self-esteem and confidence, advanced leadership skills, a wider range of coping skills to use in response to stressful or emotional situations, healthier eating and exercise habits, increased self-acceptance & body acceptance a proficiency with basic media literacy skills and they will also have lots of fun!!!

We hope that your daughter can join us on a rewarding journey of self-discovery that will help her as she enters the exciting new world of middle school!!! Program is free. Please call Jennifer Anderson at 648-6361 x324 to register or for more information. You can also e-mail her at [Jennifer.Anderson@southwindsor.org](mailto:Jennifer.Anderson@southwindsor.org)