



**Girls Are
Powerful™**

Friday, June 5, 2020



POWERFUL TOGETHER

BI-WEEKLY NEWSLETTER

Dear Friends of Girls Are Powerful,

Seven years ago, Girls Are Powerful was created in response to the racism and sexism that we were experiencing in our community. Our work focuses on teaching girls to embrace their uniqueness, their diversity and break down barriers created by gender and racial stereotypes in the hopes that one day, all women will be powerful, equal members of society. But this is only one piece of the puzzle. Transformative change across our society is still needed to break down the racist and sexist structures that keep us from fully wielding our power and showing the world that we are beautiful, unique, smart, confident and determined women.

More often than not, change comes from our most difficult moments. We are in the midst of that moment as a society. The community trauma we're experiencing after the death of Mr. George Floyd is real and painful. The nationwide focus on the greater injustice and the personal experiences we've faced is difficult and it can be triggering. With all that we're going through, protecting our mental health remains absolutely essential. There's no playbook on how to handle this! Be kind to yourself. Take the time to take care of yourself and each other. Take action when and where you can, but please continue to take care of your mental health and wellbeing.

Below are resources that provide helpful information. While these resources certainly do not sufficiently address the trauma we're experiencing, they do give us some helpful tools to start the process.

Be well,
Shawntan Howell
CEO and Founder

**In times of pain and
grief, we want to come
together. COVID-19
makes this difficult.**

Resources to support community healing can be found [here](#). This page includes links for how you can help right now including organizations to support, ways to volunteer, etc.

COVID RESPONSE IN THE COMMUNITY

MEETING URGENT NEEDS

For over 90 years, Hallie Q. Brown, an African American, nonprofit social service agency, has served over 50,000 people in need of assistance in our community. Right now, they are focused on distributing food and emergency supplies to families, churches and organizations across the Twin Cities metro. During COVID-19, their food self has seen a significant number of new families looking for food assistance. To learn more about their work and how you can best support them during this time, [please go to their website](#).



INTERVIEWS WITH FRONTLINE WORKERS



Our Youth Advisory Board has been conducting interviews with members of our community who are working on the frontline of this pandemic. The youth interviewed Caroline Kuria, a psychiatric nurse. In her video, she shares information about how mental health contributes to our whole body health and tips for managing stress. Watch the brief interview [here](#).

Keep an eye out for future interviews for additional members of our community.

ATTENDED A PROTEST, VIGIL OR COMMUNITY CLEAN UP?

If you have attended any of the protests, a community vigil or a community clean up, please get tested for COVID-19. If you start to feel sick, get tested right away. The recommendation is to get tested before 7 days if you believe you've been exposed.



COVID-19 testing facilities are located across the state of Minnesota. To find the nearest testing location in your community, click on the [MN COVID-19 Testing Locations webpage](#). PLEASE NOTE: This site changes on a daily and sometimes hourly basis based on testing demand and supply availability across the United States.

WELLBEING: CREATING SPACE FOR US TO COME TOGETHER

YOUR WELLBEING MATTERS

The past two weeks we've been joined by incredible speakers for our "Your Wellbeing Matters" speaker series and this week we're kicking off our give-aways! Attend a session and we will randomly select a participant to win a prize. In case you missed it, two weeks ago we learned an amazing new dance with Aiyana Machado and Melissa Taylor walked us through how to make our own awesome lip scrub (and reminded us to always wear sunscreen)! Last weekend, we pulled out our hula hoops and did Hula Healing with Jessica Morrison and then made a delicious breakfast quesadilla thanks to Chaz Sandifer. If you were unable to attend, you can check out the past sessions [here](#).

NEXT UP!

Saturday, June 6, 2020: 10:00-11:30 AM. Kelly Radi will talk to us about **"Activating Your Inner Wonder Woman."** Our movement instructor will be Kitana Holland, who will show us how we can be liberated, inspired, and transformed through fitness with **"Get L.I.T. Cardio."** Register today!

Saturday, June 13, 2020: 10:00-11:30 AM. Marcus Watson will lead us in a 20-minute workout in **"Taking care of your body during quarantine."** Our speaker will be Kjirsten Mickesh, who will teach us about what social and emotional intelligence is, how to develop it, and strategies to incorporate it in **"All the Feels."**

YOUR Wellbeing MATTERS

Creating space for us to come together.
Free Virtual Sessions

Girls Are Powerful ORGANIZATION

REGISTER TODAY!
www.girlsarepowerful.org

Join us as we come together to rejuvenate our minds and bodies through virtual sessions each Saturday where we focus on creating space for wellness in our choices, our environment, and in ourselves.

10 TO 11:30 A.M. CST

MAY 16 | WEEK 1
CHAZ SANDIFER Cardio Jam
DR. REBA PEOPLES Food for Your Mood

MAY 23 | WEEK 2
AIYANA MACHADO Kumbé Dance Fitness
MELISSA TAYLOR Hello BeYOUTiful

MAY 30 | WEEK 3
JESSICA MORRISON Hula Healing
CHAZ SANDIFER Meal w/a Twist

JUNE 6 | WEEK 4
KITANA HOLLAND Get L.I.T. Cardio
KELLY RADI Activate Your Inner Wonder Woman

JUNE 13 | WEEK 5
MARCUS WATSON Taking Care of Your Body During Quarantine
KJIRSTEN MICKESH All the Feels

JUNE 20 | WEEK 6
IRREDUCIBLE GRACE Breathe Into Your Power
ANNIE MEEHAN Exceptional Wellness- 5 Keys to Wellness

JUNE 27 | WEEK 7
IRIS SHIRAIISHI Move with Talko Drumming
MICHELLE ABELLERA Promoting Self-Resiliency

GRP YOUTH ADVISORY BOARD COVID RESPONSE

I AM SAFE, I AM SECURE, I AM STEADY

PRESENTED BY THE GRP YOUTH ADVISORY BOARD

MEET THE MEMBERS

Have you seen some of the work the Youth Advisory Board is putting out? Are you curious to learn who the masterminds are behind all these great ideas? Now you can meet the five young women who have been dedicating their free time to help us motivated, safe and well informed during COVID-19. [Click here to read their bios!](#)

CELEBRATING GRADUATES

Over the past few weeks, the Youth Advisory Board has been working up a special way to recognize and celebrate the Class of 2020. Thank you to everyone who shared information with us. We can't wait for you to see what we're planning!

GRP PROGRAMS MOVING FORWARD

We miss you all and can't wait for the next time we can all safely be together in the same room again. COVID-19 has forced us to reimagine how we typically engage and empower our community. Since we are unable to hold our normal in-person events, we've been finding new and creative ways to work with our multicultural network. For example, through our current partnership with MDH, we've initiated a health and wellbeing communications campaign.

Girls Are Powerful is currently in the process of deciding how to best offer our programming to girls and young women through the summer and next fall. Some ideas include a journaling program for both moms and daughters, a reading club with guest authors, special COVID-19 Magazine Project, and more.

In the upcoming weeks, we will send you a survey requesting your thoughts. Please be on the lookout for the survey, we will greatly appreciate your input.



DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA!

As always, our amazing donors make our work possible! Because of you, we are able to serve our community and help our amazing girls and young women embrace their power.

Thank you!

