



Journey Into Womanhood

An Empowerment Resources, Inc., Program

In this day in time, there are a number of issues that plague girls and their development into womanhood. For some this development is healthy, as it is nurtured by strong influences such as their parents, family members, and other positive figures in their communities. On the other hand, for some girls, this stage of development can lead to a life-long nightmare. It is the intent of this curriculum to facilitate all that is healthy in voyage into womanhood for **all dedicated and committed** girls ages 9-17 (*you cannot be a senior in high school as a new program participant*).

Over the course of about 20-25 weeks, participants of Journey Into Womanhood (JIW) will be introduced to the following:

- The Value of SELF
- Concepts of Beauty
- Health & Fitness/Food & Nutrition
- Our Society & Social Constructs
- Employment/Career Skills
- "A" is for Academics
- Relationships & Social Skills
- Etiquette
- Community Building
- Abstinence "plus"/STD Prevention
- Drug & Alcohol Prevention
- Investments, Savings and Financial Literacy

Activities include:

- Community and Group Based Mentoring (done onsite and via electronic communication monthly with a female mentor)
- Annual Community Service Project (volunteer hours apply)
- Life- Skills Workshops and Organizational Development
- Annual College Tour (may be an additional fee)
- Public Speaking
- Enrichment to possibly include (STEM, Sewing, Cooking, Leadership Development)
- Enrichment Trips to possibly include (the Arts, Performances and Sporting Events)

WHO WE ARE

About Empowerment Resources

Empowerment Resources Inc., a private 501 (c)(3) non-profit organization whose mission is to focus on making children and their families stronger while empowering them to become successful leaders in the community. Empowerment Resource's Journey Into Womanhood (JIW) program originally started as a summer program in 2003. Due to the success of the program and request from parents, youth, and the community, the JIW program was extended throughout the year. Empowerment Resources Inc. currently offers the following services; Journey Into Womanhood program, life-skills workshops for male and female teens, parenting seminars and coaching and to date has served 1,000 youth and families.

Elexia Coleman-Moss, executive director and founder of Empowerment Resources, Inc., is a civic-minded humanitarian committed to utilizing her passion, education, experiences and time to empower children and families, by helping them identify and promote the “power” within them.

She is a native of Jacksonville, Florida, but was raised and attended school in Sarasota, Florida. Coleman-Moss exhibited leadership skills as a teen and put her skills to work for the betterment of her school. Elexia has worked throughout her career supporting children, adolescents and families facing social and economic problems. Upon graduation from high school, she furthered her studies at Florida A&M University, where she earned a Bachelor of Science in psychology with a minor in criminal justice. In 2002, she completed coursework at the graduate level for behavior analysis. Mrs. Coleman-Moss is a Nationally Recognized Trainer/Consultant in the Nurturing Parenting curriculum since 2007 and is a certified life coach under the CAPP Institute. In 2013 she completed her Master's in Public Administration.

A tireless advocate for children, Elexia was recently selected by the Mayor's Commission on the Status of Women for recognition as one of 10 local women who have made outstanding contributions to the Jacksonville community. In 2005, she received the “making the grade award” from Volunteer Jacksonville, and in 2008, she was selected as one of Jacksonville's *40 under 40 leaders* by the *Jacksonville Business Journal*. She currently serves or has served as a dedicated volunteer leader for the Florida Department of Health in Duval County, Jacksonville Community Council Inc. (JCCI), the First Coast Girls Initiative, the Healthy Jacksonville Coalition and United Way Full- Services Schools committee member.

Volunteers and Mentors for the JIW program

Empowerment Resources, Inc., is run by dedicated community volunteers. All volunteers must go through an application process, which includes an interview, background screenings, DCF Affidavit of Good Moral Character and letters of recommendation before they are allowed to volunteer with the program. All volunteers who serve as mentors must complete a comprehensive training by the Jacksonville Children's Commission. Only female adults are allowed to volunteer at JIW youth meetings. The JIW program is facilitated by experienced leaders and volunteers who put them on the path to positively impact the communities in which they live. Past mentors for the program have included social workers, educators, marketing managers, Physical Therapist and journalist.

JIW CODE OF CONDUCT

1. **HONESTY** - I will approach all that I do in a sincere and honest manner. In an effort to uphold my integrity and demonstrate good character I will, act in a trustworthy manner, neither lying nor intentionally misleading others.
2. **RESPECT** *For myself and others* - As a member of the community, I will do my best to make a positive contribution. Therefore, to show respect for myself and others, I will:
 - Not engage in name calling, use of profanity, hitting, or purposely hurting, offending, verbally attacking, humiliating, or belittling another person, even though there may be disagreements in beliefs, choices, and/or behaviors.
 - **Listen** while others are talking.
 - Choose appropriate words when **speaking to my elders** and my peers
 - **Cell Phones** are to only be used at the beginning and end of meetings, unless permission is granted. Violation of this rule will result in removal of phone for the day and will be returned to an adult only at the end of the meeting.*For community and surroundings* - I will respect our community property. I understand the importance of respecting the possessions of others. Therefore, to show this respect, I will:
 - Properly dispose of trash, waste, recycle when appropriate, and avoid any action which unduly contributes to pollution.
 - Not damage, deface, destroy or vandalize any community, school, or individual property.
 - Not take things that belong to others.
 - No horseplay- safety first
 - NO GUM CHEWING at meetings or outings

DRESS CODE

JIW girls will be required to wear their JIW T-shirt to meetings with appropriate bottoms and shoes. See below for the more details. For special meetings and outings, advanced notice will be given to JIW participants and they will be allowed to wear “non-JIW uniforms”. In general, please follow these guidelines for dress attire:

1. Skirts and shorts must meet the fingertip test for length.
2. Shirts must be long enough that they can be worn tucked inside (no bare midriff or belly buttons showing! NO HALTER TOPS.
3. Hair must be well groomed.
4. Shoes- Appropriate footwear should be worn at all times. No slippers or flip-flops (shoes must have a back). Shoes should fully cover feet when going on outings/trips.
5. No see through clothing.
6. Clothes advertising illegal substances (drugs, alcohol, tobacco products) for teens or language and writing that is inappropriate or offensive (sex, profanity, racial or ethnic slurs, gang related attire, etc) may not be worn.

Failure to follow these rules can result in suspension from the program and or field trips.

I understand that by being a part of the Journey Into Womanhood program, I must respect myself and others by exhibiting appropriate behavior, wearing appropriate dress attire and a positive attitude.

I _____ agree to this statement and to follow these rules as well as the Participant?Parent Manual. (*Participant/Parent manual to be given out at youth and parent orientation*)

JIW youth (sign and date)

Parent (sign and date)

LOCATION, TIME, and DATES

Journey Into Womanhood usually takes place every twice a month on Saturdays, from 10:00 a.m. – 1 p.m. The program runs from September until early May. **For a listing of dates, time and location, please call for a semester calendar.** The JIW program meets at Community Connections- Davis Center (325 E. Duval Street, 32202), located in the downtown/east side of Jacksonville and public transportation is near.

Parents- Please sign your child in and out of meetings. **Do not drop off your children.** Parents are only welcomed to sit in on meetings when invited (i.e. parent/youth meetings). This allows your child to open up and develop a bond with the volunteers and program directors.

ATTENDANCE and ARRIVING ON TIME

Participants must attend on a bi-weekly basis. Absences are allowed for illness and special family circumstances. If absence is known in advance, please notify one of the program coordinators. Since this program has limited seating, we ask that all ladies attend on a consistent basis. If more than 4 meetings are missed, consideration for future outings will be pending. We make an effort to start and end of time to be fair to our presenters, volunteers, and the youth. **Please have your child arrive between 9:45am-10am to assist us with straying on schedule.** In addition a light breakfast will be served from 9:45am-10am for the JIW youth.

PARTICIPANT EVALUATIONS

In order for a participant to remain in the program this year, you must remain in good standing through the entire program year. Participants will be evaluated mid-year to ensure they remain in **Good Standing**. The following criteria must be met to remain in Good Standings:

- Attendance 85 % (no more than 4 absences for the JIW year, September-May)
- Program participation (to include the Jaguars Honor Rows program)
- Behavior and Attitude
- Parent Participation (to include onetime donation of snacks or drinks (see below) and assistance with mentor communication).

PROGRAM FORMS THAT MUST BE TURNED IN

- | | |
|--|--|
| <input checked="" type="checkbox"/> 2 page application | <input checked="" type="checkbox"/> Code of Conduct/Dress Code |
| <input checked="" type="checkbox"/> Essay for new JIW girls | <input checked="" type="checkbox"/> Copy of most recent report card |
| <input checked="" type="checkbox"/> Field Trip, Medical Release and Media Consent Form | <input checked="" type="checkbox"/> Payment #1 |
| | <input checked="" type="checkbox"/> Suggested Snack Donation by 10/8 |

REGISTRATION/SEMESTER FEES/Contact info

Total 2016-2017 fee for new participants is \$185(includes a onetime \$35 application fee) and \$150 for returning participants (your cost comes out to about \$3.00 per hour or \$9.00 a workshop). The fee schedule pays for journal, day planner, JIW materials, light breakfast, light afternoon snack, a t-shirt and some trips. Last year, the average program cost per child was \$700. We receive additional funding through our annual end of the year JIW program, fund-raising events, public donations and grants. No refunds will be offered. A limited number of financial assistance scholarships are available. Please contact us for more info. Valid proof of income is required.

- **Payment #1 (\$50.00) and \$35 application fee for new JIW girls is due 9/7/16**
- **Payment #2/ final payment of \$100.00 is due by 10/22/16**

Money orders and cashiers checks can be made payable to Empowerment Resources Inc. No checks will be accepted! A \$25 late fee will be applied after 10/23/16 and participants will be dropped from the program if the payment is not made by 10/22/16. NO REFUNDS

Mailing Address: 3820-010 Baymeadows Road, Unit 348, Jacksonville, FL 32217

Payments can also be made via credit card by visiting our website, www.empowermentresourcesinc.org Click on the programs/JIW page and look for the payment button that will take you to Paypal. NO Paypal account is required.

Voice Mail Number: 904.268.8287 E-mail: elxia@empowermentresourcesinc.org

****Incomplete applications will not be processed. Please see the checklist above****

Parent Donated Snack List

Parents are asked to donate one of the following by 10/8: ~Thank you~

JIW child last name A to M

JIW child last name N to Z

Small bottles of water (at least 20)	Juicy Juice Boxes (at least 20)
62 oz bottles of non-refrigerated 100% juice with no high fructose corn sugar (at least 2 bottles)	Individual bags of baked chips or cheese or peanut butter crackers (at least 20)
Granola bars (chewy or crunchy, at least 20)	Individual cups/cans of fruit (non-refrigerated, at least 20)

JIW Calendar Dates Sept. to Dec. 2016

Sept. 17, 2016 from 10am-1pm-

Oct. 1, 2016 from 10am-1pm (**Mandatory Parent Meeting from 10am-11am**)

Oct 22, 2016, from 10am-1pm

Nov. 5, 2016, from 10am-1pm

Nov. 19, 2016 from 10am-1pm

Dec.3, 2016, from 10am-1pm

Dec 12, 2016, from 10am-1pm

- *A complete calendar to include topics covered will be issued once enrolled in JIW program*
- *The January to May calendar will be issued in Nov.*
- *All meetings are downtown at Community Connections unless listed otherwise*
- *Calendar can be modified at any time. Participants will be notified in advance of any changes.*