

# EMPOWERMENT WORKSHOPS: SELF-CARE AND ART!

10 - 21 year old girls and young women\* in Des Moines and surrounding areas are invited to join us for two days of FREE Virtual Empowerment Workshops!

## TUESDAY, MARCH 16TH: SELF-CARE

Introduction and Welcome: 10:30 - 11:00 a.m.  
Participants will choose two of the following workshops:  
**Yoga, Self-Care, Period Party!**

## WEDNESDAY, MARCH 17TH: ART

Introduction and Welcome: 10:30 - 11:00 am  
Participants will choose two of the following workshops:  
**Zine Making, Poetry, Art Workshop**

Space is LIMITED! Register by March 2nd at [ywrc.org/programs/EW](http://ywrc.org/programs/EW) or call 515.244.4901. A YWRC facilitator will send you a link to join us on Zoom after you sign up. Any supplies needed will be provided before the workshops.

\*We define 'girls and young women' as any persons who have been socialized and/or identify as female; non-binary and gender fluid folks are welcome.

Workshops are created and hosted by:

YOUNG WOMEN'S  
RESOURCE CENTER

Sponsored by:

