

Title of Workshop	Presenter	Description	Age	Sessions	Room
A Future with Animals	Wild Things Zoofari, inc	We will be meeting some endangered animals from all over the world in a safe environment while learning about what is hurting their future and what we can do to improve it. Girls will be able to touch some of the animals in hopes they gain a higher respect for our world and spark an interest building a career in animal conservation.	Girls in grades 3rd-5th	Session: 1	20
A Strong Girl's Guide to Confidence	Strong Girl Spirit	Embrace Your Strong Girl Spirit! What YOU Focus on Grows...This workshop will be packed full of positive and fun activities to help you begin planting and growing the seeds of a strong self-image. We will mingle with a mission, do a check in with ourselves to see how we are feeling, journal and talk about things we like about ourselves and encourage each other by filling out "balloon compliments". Together we will reveal the Super Hero in You!	Session 2a/2b: Girls in grades 6th-8th Session 3: Girls in grades 3rd-5th	Sessions: 2a/2b & 3	100
Actually, I Can!	Ela London	In this session girls will discover their personal power through fun and engaging activities. This session is designed to enhance self-awareness, explore passions and character strengths that relate to real life success. You will be challenged to gain a deeper understanding of yourself. Allowing you to connect with other girls and realize you are never alone in your journey through life. You will feel encouraged to look inward for inspiration to achieve all your goals - bringing you to understand that "Actually, You Can."	Girls in grades 6th-8th	Session: 2a & 2b	205
Bank On It	Frost Bank	Welcome to Bank On It! Learning about the services and functions of a bank will help you choose the right bank for you when the time comes. This session will help you make those choices. We will also have some fun learning activities and awesome prize-winning opportunities!	Girls in grades 6th-8th	Session: 1	205
Beauty Beyond Skin Deep	Mary Kay Representative: Theresa Pore	Learn how to properly take care of your skin using Mary Kay products while discovering how to live a truly empowered life.	Girls in grades 6th-8th	Sessions: 1 & 2a/2b	144
Better Together	Aubrey Simon	In this workshop, we will be learning about diversity and promoting inclusivity. We will be doing many activities that deal with self-identity and team building. We will be focusing on how we are stronger as a whole and how our differences help us!	Girls in grades 3rd-5th	Session: 1	207
Beyonce's Chopper Challenge!	DPR Construction	Are you an aspiring architect or engineer who wants to get a taste for working on a real construction project? Beyonce needs your help! Put your engineering, creative, and people skills to use on the Chopper Tower Challenge. Attendees will divide into project teams and see who can build the tallest/strongest helicopter landing pad for Ms. B and her family. We will learn that there's more to construction than just hammers and nails, and that girls and women make great builders!	Girls in grades 3rd-5th	Sessions: 2a/2b, 3	115
Brave Spaces for LGBTQ, Non-Binary, and Trans Youth	Girls Empowerment Network	Join us for a workshop on building LGBTQ and Non-Binary Allyship! We will discuss LGB, Transgender, and Non-Binary identities and learn how to work together to build brave spaces for queer youth.	Girls in grades 6th-8th	Session: 1	100
Breaking Boundaries	Aubrey Simon	In this workshop, we will be learning how to create and achieve our goals. There will be activities to learn how to successfully make a goal and how to turn that goal into a reality.	Girls in grades 6th-8th	Sessions: 2a/2b	207
Breaking the CHAIN REACTION	CarShandra Hollins C.H.A.I.N B "Changing Hearts and Implementing New Beginnings"	CHAIN B stands for "Changing Hearts and Implementing New Beginnings." In this workshop, we will embrace one another through sisterhood while learning how to build one another up through confidence, honor, respect, attitude and intelligence. Students and/or adults will do this through a breakout box. Together we will break the chain reaction of how we want to be treated by other women and break the chains of how women treat each other.	All	Sessions: 1 & 3	105
Clues from the Natural World	Camp Lantern Creek	"Can you tell the difference between a bobcat or coyotes footprints/tracks? What does it take to build a ""recipe"" for a Texas forest ecosystem? Join me for this workshop to explore the possibilities of solving a mystery in progress. Young explorers learn these and other amazing facts as they explore mammalogy, ecology and the forest ecosystem with our with our fun interactive & hands-on exercises. "	All	Sessions: 2a/2b	21
Communication: Connecting and Expressing Effectively	Girls Empowerment Network	Girls in this workshop will learn and practice the BIG 3: eye contact, body language, and voice. They will gain tools to speak with confidence in challenging scenarios and understand the power of non-verbals.	Girls in grades 6th-8th	Session: 1	227
Connect Your Emotions to Your Plate: Nutritional	Nutritional Wisdom	We are going to learn about nutrition, and it's going to be different than anything else you've experienced! Yes, we'll talk about the basics of healthy eating, but did you realize that the food choices you make are connected to your thoughts and emotions? They are,	Girls in grades 6th-8th	Session: 1	225

Guidance to Feel Great Inside and Out		and I'm going to teach you how to feel empowered around those thoughts and emotions so that you can become a conscious eater using some fun activities that might include chocolate!			
Create your Own Voting Awareness Poster	The Girls' School of Austin	Participants will create their own 'get out the vote poster' or a poster that reflects an issue they feel strongly about (not in support of a particular party or candidate).	Girls in grades 3rd-8th	Session: 1	13
Dance Another World	Dance Another World	In Dance Another World, we know a dance is a story. We read and write stories and portray them through dance. This hands-on activity will allow students an expressive outlet and opportunity to perform in front of their peers. This not only builds their confidence but their communication and dance skills as well!	Session 1: 6th-8th, Sessions 2a/2b Girls grades 3rd-5th, Session 3: Adults	Sessions: 1, 2a/2b & 3	Band Hall
Defining My Values	Girls Empowerment Network	What's most important to you? Discover your top values and know how to express them creatively. It's important to know what's important to you! Girls will critically think about their own values and others' and how they influence decision making and also will identify personal values and express them in a creative way.	Girls in grades 3rd-5th	Sessions: 1 & 3	216
Digital Intelligence in a Connected World	Andi DuMont	Facebook, Tik Tok, Instagram, Snapchat. In today's connected world, your online self will follow you from adolescence to your future career. In this workshop we'll talk about how to be savvy about what you post online to protect yourself, your identity, and your future (probably unknown) aspirations. This workshop will be interactive - so please bring your internet enabled device! We'll look at how celebrities, influencers, and you post with digital intelligence.	Girls in grades 6th-8th	Sessions: 2a/2b	224
Divas & Diversity	Austin Intercultural Network	Are you a Diva? Do you know what Diversity is? Come find out at this fun workshop, exclusively for divas like YOU! We will talk about the Disney princesses "Ariel, Snow White, Jasmine, Moana & others, and together let's explore how they're the same, yet they're different.	Girls in grades 3rd-5th	Session: 1	217
Diversity and Inclusivity	Aubrey Simon	In this workshop, we will be looking at our identity and our peers, as well as, how we are stronger together. We will be doing self-reflection activities and team building games to see how our differences make us as a whole better.	Girls in grades 3rd-5th	Session : 3	207
Embracing Your Voice	Monica Dorsey	The girls will be pairing up and introducing themselves, and their favorite song, as they sing it, then they will ask one another "what does using your voice mean to you?" Girls will then break into groups and share why their voice matters and encourage each other to use their voice. In unity, we'll chant affirmations of power.	Session 1: 6th-8th Sessions 2a Girls grades 3rd-5th	Sessions: 1 & 2a	101
Emotional Intelligence for Girls	Train Mark Training and Facilitation Services	Emotional Intelligence for Girls is a hands-on workshop with several activities. In one activity, titled, the Sherpa Walk, young women will go on an adventure during the workshop to explore how emotional intelligence can lead to leadership. In another activity, titled, The Dirty Dozen, participants will explore and discuss variations of anger and how to deal with it.	Girls in grades 3rd-5th	Sessions: 2a/2b	246
Emotional Intelligence on the Job	Train Mark Training and Facilitation Services	Emotional Intelligence for Girls is a hands-on workshop with several activities. In one activity, titled, the Sherpa Walk, young women will go on an adventure during the workshop to explore how emotional intelligence can lead to leadership. In another activity, titled, The Dirty Dozen, participants will explore and discuss variations of anger and how to deal with it.	Adults	Session 1	246
Empower.Engage.Execute: The Secret to Career Success	Aghaeze-Maple Enterprises, LLC	In this session, each participant will discuss what they would like to be, as well as, what is preventing them from reaching their goals.	Girls in grades 6th-8th & adults	Session: 1	223
Empowering Young Women to Find Their Joy Within	Zen Bug Yoga	Explore the world of mindfulness and yoga with a centering activity, breathing exercises, yoga poses, and a calming relaxation with Zen Bug Yoga. Ignite your creativity and self-expression by decorating your own positive affirmation mirror. Confidently manifest your potential by tapping into your imagination. Play fun games that describe our core concepts of Play, Movement, Nature, Art, Rhythm and Music.	All	Sessions: 1, 2a/2b & 3	Black Box
Engineering as a Career Choice	Andi DuMont	Engineers build our cities. In this session you'll be introduced to the different types of engineering careers from computer engineering to water resources engineering. As a civil engineer, I'll take you through some of my favorite construction projects and we'll see how women are integral to designing how communities interact with their spaces. Afterwards, we'll break out in groups and talk about women engineers and scientists that inspire us.	All	Sessions: 1	224
Following Inner Guidance For Happiness	Diana Tulumba	We all have our own special inner voice that sounds different for everyone! It tells us what is true for us. When we don't listen to that voice and try to be like other people, we miss out on being ourselves; and don't let people see and love us for who we are! ACTIVITIES:	All	Session: 1	230

		Short group meditation followed by some journaling that starts with "Hello Inner Guide, what would you like me to know about my future..."			
Football 101	The Austin Outlaws	We will be going over running, throwing, catching, and tackling drills while practicing controlling our bodies and our speed. We will also be going over the basics of football and the different positions.	Girls in grades 3rd-8th	Sessions: 1 & 2a/2b	Center Lawn
Girls With Vision, Women With Purpose	Paycom	Girls will collaborate to create a vision board as a hand on learning activity. Additionally, gamification will take place through the "Infinite Loop Activity" to illustrate the importance of women working TOGETHER to solve problems.	Girls in grades 6th-8th	Sessions: 2a/2b	208
Go With The Flow: A Period Preparedness Party	Planned Parenthood of Greater Texas	Always being prepared isn't just for Boy Scouts! Join us as we explore the different ways people can be period prepared. Learn about period products, how they work, and make a goody bag to take home! Participants will also learn why periods happen and how to ask for help from trusted adults.	Girls in grades 6th-8th	Sessions: 2b & 3	200
Growth Mindset: Get Comfortable with Being Uncomfortable	Girls Empowerment Network	Girls in this workshop will explore the idea of growth mindset and how powerful their thoughts are. They will learn how to recognize their inner critic and replace negative thoughts with positive ones.	Girls in grades 3rd-5th	Session: 1	234
Happily Ever After: Dating as a Single Parent	Tesleigh Eure, LMSW	Many of us envision that fairytale ending but there are a few things we have to remind ourselves along the way. This session focuses on connecting, supporting and empowering single mothers in their quest for love while strengthening the parent child relationship and fostering a healthy sense of self.	Adults	Session 1	244
Happy Thoughts	Kat Hyde	"Happy Thoughts starts by learning and adopting new thought processes on how to positively interact with our ever-changing bodies. This workshop focuses on keeping a positive view of and about our own bodies. You'll learn how we are great as we are, and as we mature, how to stay positive when transitioning into adulthood. Come to Happy Thoughts to keep body positive. Plus, just wait to see how we use awesome markers! "	Session 1: 6th-8th Sessions 2a/2b Girls grades 3rd-5th	Sessions: 1& 2a/2b	245
Hip Hop with Synergy	Synergy Dance Studio	This class is a non-technical, high energy class that incorporates the latest dance and video moves. We will have a quick body warm up, followed by learning choreography to a popular song.	Session 1: 6th-8th Sessions 2a Girls grades 3rd-5th	Sessions: 1 & 2a	Dance Gym
Improv 101 - Let's get creative (and silly)!	Jill Faulkner	Join me for improv games aimed at fostering creativity, mindfulness, acceptance, and fun! Improv skills can be taken anywhere we go, improve our relationship and communication skills, and allow us to get silly and have a little fun! No scripts and nothing you need to know ahead of time - just bring yourself, your creativity, and an open mind to get out of your comfort zone and have fun!	Girls in grades 3rd-8th	Sessions: 2a/2b & 3	227
It's Time to Simplify Their World	Vicki Parsons	This world is complicated. It's time to simplify. Simplifying is vital not only for our children, but also for parents and leaders. Simplicity is a rare gift, but when we get it, the slowing down feeds our souls and nurtures our families. As parents and leaders, let's support each other to have the courage to go against the trends, buck the stressors of life, and let our kids be silly and fun-loving kids for as long as they can. It's time to simplify their world.	Adults	Sessions: 1 & 2a/2b	235
JAM! With TXJRD	Texas Junior Roller Derby	Learn the ins and outs of roller derby with Austin's own Texas Junior Roller Derby. We can show you how to power jam through the pack with our basics of roller derby. Come ready for some fun hitting action. You'll find your voice and new friends while discovering the power of teamwork! Bring a smile, shoes and some water.	Girls grades 3rd-5th	Session 2a/2b	Tennis Courts
Jazz with Synergy	Synergy Dance Studio	Explore your individual style and originality with a class that increases posture, rhythm, and creativity. Jazz is a fun and high energy class that will focus on strengthening your turns, jumps, leaps & agility using fun, upbeat contemporary music.	Session 2b: Girls in grades 3rd-5th Session 3: Girls in grades 6th-8th	Sessions: 2b/3	Dance Gym
Learn about Computers by Playing Games	Iodine Software	We will show the applications of coding languages in a fun way (such as playing games) and include a mix of STEAM games that make learning fun! Girls will play and learn that science, technology, engineering, arts and mathematics is applicable to enjoyable tasks. They will see how computers work as they play the games. We encourage girls to pursue careers in technology, if that is something that they enjoy doing.	Girls in grades 6th-8th	Sessions: 1, 2a/2b & 3	111
Minecraft Element Scavenger Hunt	Microsoft	Matter is made of smaller parts called atoms. All natural and synthetic materials are composed of elements (individual atoms), molecules, or compounds. Many materials have similar elemental compositions but different properties. In Minecraft, the material reducer can be used to see what elements form common materials. This is like real world	Girls in grades 3rd-5th	Sessions: 1 & 2a	110

		instruments used to measure the elemental composition of materials. In this exercise you will use the material reducer to find as many materials as you can that contain oxygen			
Minecraft Introduction to Logic Gates	Microsoft	A logic gate is a simple device that returns some number of outputs. These outputs are determined by a pattern of inputs and rules the gate follows to create a desired result. Logic gates are the foundation of not only computational thinking and coding but also apply to electrical engineering and algebraic thinking. In this activity, you will create a series of simple logic gates, and then are given an opportunity to apply these gates to create simple contraptions.	Girls in grades 6th-8th	Sessions: 2b & 3	110
MVP: Too Important to Not Get In The Game	Tesleigh Eure, LMSW	This session focuses on empowering girls to give back in a BIG way even if others think they are too small to make a difference. Girls will choose causes they are interested in and participate in a role-playing activity to explore the roles of social works in the community. This includes being provided with real-life scenarios where they may meet a social worker, as well as, learning how they too can change the world around them.	Girls in grades 3rd-8th	Sessions: 2a/2b & 3	244
My Changing Body	Girls Empowerment Network	Girls in this workshop will understand how puberty affects their bodies. They will have opportunity to ask questions to girl experts and hear from other girls their age in a supportive space.	Girls in grades 3rd-5th	Sessions: 1 & 3	208
My Community, My Voice	Girls Empowerment Network	GIRLS invites you to take a step towards your unique voice and join us for this workshop on using your power. Youth will learn how to create an awareness campaign and engage others in their cause and advocacy for change.	Girls in grades 3rd-5th	Session: 3	205
My Name is Not	My Daughters	"Girls will shout out names, words, or phrases that peers say that either Hurts their feelings, annoys them, disrespects them, makes them upset and angers them. After girls shout out words, phrases or names, the girls will discuss how to overcome the same negative stigmas, stereotypes, words, name calling or negative phrases. Girls will also participate in a labels activity. The girls will use tools or tactics that teach them how to establish positive self-awareness and evaluation in a fun and exciting way!"	Girls in grades 6th-8th & adults	Sessions 2a/2b:	201
Navigating Friendships and Yourself	Texas Council on Family Violence	Growing up can be exciting, but it can also be challenging. One of those challenges is navigating relationships with lots of new people! We will talk about what makes a relationship exciting, healthy and how to stay true to yourself while embracing your newfound friendships. And just so you know, there will be a beach ball involved.	Session 1: Girls in grades 6th-8th Sessions 2a/2b: Girls in grades 3rd-5th	Sessions: 1 & 2a/2b	240
No More Drama! Restorative strategies for problem-solving.	Austin Achieve Public Schools	We will learn how to use parts of restorative justice to help with any kind of drama! We will practice setting boundaries with friends, using "I statements," and strong apologies with a restorative twist. Great for girls who want less friend drama and parents who want to help girls be leaders in solving social problems.	Session 1: 6th-8th Sessions 2a/2b Girls grades 3rd-5th	Sessions: 1 & 2a/2b	236
Physical Activity or Social & Emotional Learning? Why not both?!	Girls on the Run Austin	Adult participants will be introduced to Girls on the Run through a video, presenter description, and a sample lesson. The lesson will provide adults with a tangible understanding of how Girls on the Run empowers girls in 3rd through 8th grade, using an interactive and hands-on curriculum. For example, participants will be asked to consider the meaning of "true beauty" through a movement exercise designed for all fitness levels.	Adults	Sessions: 1 & 2a/2b	237
Positive Discipline 101	Julie Burke Therapy	Positive discipline helps parents consider what their children are thinking, feeling, learning, and deciding about themselves and the world they live in, as well as, what to do in the future to survive and thrive. This workshop will be an opportunity for parents to share challenges they face as a parent and will provide them with an introduction to Positive Discipline to help them gain tips & tricks to connect to their children in a more meaningful way.	Adults	Session 1	226
Present like a Pro: Unlocking Inner Confidence Through Movement and Play	Samantha Schak	Whether you're presenting a group project or sharing an idea, you owe it to yourself to exude confidence and stand behind your thoughts. Through movement and play, Lindsay and Sam will take you through some activities you can do at home solo or as a group with your friends. These exercises are dedicated to harnessing your most powerful self, through practice in oral diction, power poses and comfort in "looking silly."	Girls in grades 3rd-8th	Sessions: 2a/2b	234
Professional Development: Growth Mindset	Girls Empowerment Network	This workshop, designed for educators and teachers, is to equip you with the tools you need to help students thrive in the classroom. We will explore how to use a growth mindset to increase student's belief in their abilities so they can be limitless. You will walk away with an understanding of fixed and growth mindsets, activity ideas to use with your students, and a guide for how to incorporate more growth mindset in your classroom.	Adults	Session: 1	201

Professional Development: Trauma in the Classroom	Girls Empowerment Network	This session is intended for teachers, and professionals who support teachers, who want to create a safe classroom environment where every student feels respected, validated, and heard. This hands-on workshop will equip professionals with the knowledge to respond to trauma and related classroom triggers by learning and practicing creative ways to gauge the emotional climate in the classroom. Session participants will learn strategies for managing disruptive behaviors, how to set trauma-informed expectations, and an intentional self-care plan.	Adults	Session: 3	235
Puberty for Parents	Planned Parenthood of Greater Texas	Puberty is a time of immense change. This can be an exciting, challenging and even overwhelming experience for children and parents. Talking with children is an important way that we can help them adapt. As adults have moved beyond their own adolescence, they may be out of touch with the experience of puberty. We will explore ways to help parents prepare for the physical and emotional changes that their children are experiencing and develop strategies around talking with their children.	Adults	Sessions: 1 & 2a	200
Rebound & Renew!	Austin Rhythm & Drum	Austin Rhythm & Drum will deliver an experiential boomwhacker (tuned percussion tubes) rhythm and drum program for resilience and renewal! A boomwhacker instrument will be provided for each person so that they can participate in creating group music together. Deborah will welcome the participants and conduct an interactive program with fun, high-energy, drum circle facilitation activities that recharge and renew. Each participant will walk away uplifted, energized, and empowered!	All	Sessions: 2a/2b	Orchestra Hall
Redefining Beauty: Perfect or Bust for 6-8th grade girls	Heather Hoover Director of Teen Circles with Global Sisterhood	Do you feel passionate about what messages are constantly being given to young women regarding their self-image through social media, advertisements, movies, and much more? Do you want to take a stand for how "real" girls should be recognized in our world and feel empowered to share their unique gifts? We will play games, journal and cultivate leadership through sharing what's on our minds and hearts about growing up as a teen girl in the world today. Chocolate included:)	Girls in grades 6th-8th	Sessions: 2a/2b	215
Robotics and You	Ouroboros 4545	We want to share how robotics can open a world of knowledge and fun where you can also be yourself. We have a fun building challenge for you, called the marshmallow challenge! You will be able to work with others in this activity. We will show you how you can get involved in robotics and we will give you the resources to do so in the future.	Girls in grades 3rd-8th	Sessions: 1, 2a/2b & 3	210
Rock or a Starfish? The Power Within	Peace & Clarity	Discover your hidden power through guided meditation and mindful practices. Learn how you can use this power to make a difference in your life, build strong friendships, make good choices, and improve your communication with your parents and teachers. Create a dream board, design a power rock, make a friendship bracelet.	Session 1: Girls in grades 6th-8th Sessions 2a/2b: Girls grades 3rd-5th Session 3: Adults	Session 1, 2a/2b & 3	204
She Climbs Mountains	Dr Yana Johnson Torregrosa & Gabriela Johnson Correia	She Climbs Mountains workshop allows you to dream to be your best, reach your goals and prepares your mind to realize what is possible. This session you will hear from Dr Yana & Gabriela (mum and daughter) about the funny side of life in London and moving to Texas to start all over again. An interactive workshops with group discussions, sharing, dreaming, visualizing and believing you can do anything. You can even climb a mountain!	Girls in grades 6th-8th & adults	Sessions 2a/2b	211
Silence Your Inner Comparison Queen	Monica Richardson Coaching	Do you ever hear a voice in your head that tells you that you're not good enough, smart enough, or pretty enough? Most girls do! Come to this workshop to learn how to silence your inner comparison queen, feel good about yourself, and become your own best friend!	Session 2a: Girls in grades 3rd-5th Session 2b: Girls in grades 6th-8th	Sessions: 2a/2b	216
Soaring Rockets!	Girlstart	3, 2, 1...Blast off! Engineer a stomp rocket with PVC pipe, plastic tubing, a water bottle, and duct tape. Use your custom launcher to watch your rocket soar! Be creative as you decide how to most effectively launch your paper rocket across the room. Does changing the launch angle, stomp pressure, or rocket design help?	Girls in grades 3rd-5th	Sessions: 2a/2b	117
Speak Your Truth	Natalie Grigson & EmpowerED Pathways	In this workshop, we'll play a variety of games and have some informal discussions on how to better state your boundaries, say NO, and express your truth to the world. Vulnerability is strength - and so are boundaries. Here, we'll practice both, in a casual, don't-take-it-all-too-seriously setting.	Girls grades in 6th-8th	Sessions: 1 & 2a	228
Start the Ovulation: Menstrual Health, Cycle Awareness and FLOW	Born Into This	Menstruation cycles are often left out of conversations in school, family and even with our medical providers. Knowing what your cycle is telling you is a guide to many challenges and celebrations happening within our body, emotions and even productivity and learning! Join us to start the OVULATION where we will discuss how to track your cycle, what to	All	Sessions: 1 & 2a/2b	214

		expect in each phase, naming hormones and learning about their roles, and how to talk to your children about cycles.			
Stories Worth Telling: Films from the Girls Impact the World Film Festival	Girls Impact the World Film Festival	Come watch a series of 5-minute films from Austin's Girls Impact the World Film Festival, which provides a powerful platform for youth to spark a conversation about issues affecting women and girls globally, such as self-image, environment, and girls in tech. See how girls around the world, using basic filmmaking skills, are making short films and using them to advocate for change. After the screening, we'll discuss the issues covered in the films and come up with our own ideas for a short film.	Girls in grades 6th-8th & adults	Sessions: 2a/2b	241
StoryTELLit: Stop Explaining and Start Engaging	Kim Caldwell, Caldwell Connect	Stories are our fast-track to connection. Telling the right story can spark a partnership that changes the world! This session will explore why stories are so important, how to find the right stories to share, and how to tell that story in a powerful way. You will leave the session with a clearer understanding of your values, a story ready to share, and ideas for many more!	Girls in grades 6th-8th & adults	Sessions: 1 & 2a/2b	LIBRARY
Success through Resilience	Alisha Cahue and Mrinalini Shah Leadership and Ethics Institute UT Austin	Life can be tough! How do you push through it? In our workshop, we'll play a few games to help us learn how to be stronger, more resilient, and stand up when we fall down. There will be hula hoops, helper words, and mindful techniques. There will also be time at the end to involve adults in how they can encourage resilience in their children as well.	Girls in grades 3rd-5th	Session: 1	229
Surviving In Someone Else's World: Using Fanfiction to Create Comics	Shannon Brewer	Have you ever wondered what it would like if Harley Quinn never met the Joker? Are you certain Sabrina and Jughead are just one crossover away from the perfect couple? If so, join comic creator, Shannon Brewer, as she teaches you the tricks and tips of learning the rules of someone else's world and how to bend them to craft the perfect story only you can tell.	All	Sessions: 2a/2b & 3	13
The Challenges of Caregiving	Texas Council on Family Violence	Watching our daughters grow up and develop their own personalities, relationships and world can be overwhelming and scary. We want the best for them, and it is hard to watch them make their own decisions, especially when we know it will end in heartache. However, as caregivers, we have the opportunity to empower them through love, education and discussion.	Adults	Session: 3	240
The Dumpster Project:	The Dumpster Project	The Dumpster Project is converting a used trash Dumpster into an environmentally friendly home. Why? Because we think that learning how to live in a small space teaches us a lot about how to save the planet through conservation, inventions, and creative problem-solving. In this workshop, you will help us explore a bit of "dumpster science" as we filter water with natural materials, explore how pollutants affect our air, and test out different sources for biofuel generation.	Session 2a: Girls in grades 3rd-5th Session 2b: Girls in grades 6th-8th	Session 2a/2b	223
This is Me!	My Daughters	All girls will stand between two lines. The group leader will call out stereotypes, negative/positive words or phrases for girls to step out of the middle to the sides as they discover what stereotypes & perceptions are and aren't. Girls must make a decision. No one is allowed to stay in the center. Girls will then transition to part II. The activity will allow for more open group discussion and allow for individual expression as girls step into circle if certain words apply to them.	Girls in grades 6th-8th & adults	Session: 3	201
Trust The Process	Monica Dorsey	We will be creating Kool-Aid! Everyone will get a sugar packet and a Kool-Aid packet. The importance of waiting for the ingredients to come together will be highlighted.	Session 2b: Girls in grades 3rd-5th Session 3: Girls in grades 6th-8th	Sessions: 2b/3	101
Turning Parts into ART	Dell Technologies	Ever wonder what's inside a laptop that lets you play games, watch videos, and do your homework? Explore the inside of a computer and understand how these parts are used to create a working system. We'll then take those parts and have a hands-on experience turning each piece into art! In the process, you'll see how Dell uses recycled materials in our products and packaging.	Girls in grades 3rd-5th	Session: 1	117
Unleashing Creativity Through Robotics: Scribblebots!	Vandegrift Viperbots 7161 Hydra	Learn about the awesome world of robots! In this workshop, create your very own mini drawing robot and watch art be made right before your eyes! Hear about all the wonderful ways robotics can empower you to learn new things and discover new opportunities in the world of STEAM (science, technology, engineering, art and math).	Session 2a: Girls in grades 3rd-5th Session 2b: Girls in grades 6th-8th	Sessions: 2a/2b	230
Use Your Voice: Create Your Story	Ashley Noelle Jackson	Have you ever had a story inside of you that you wanted to share with the world? Use Your Voice: Create Your Story is a platform for girls to create their first script and learn	All	Sessions: 2a/2b & 3	225

		the art of storytelling! The girls learn acting and screenwriting techniques in order to create their story! Each girl will receive a journal to create their play and have a chance to perform their work in front of the class!			
Virtual Reality with Latinitas	Latinitas	Have you ever wanted to learn to make a video in virtual reality? Want to watch what you make using a VR headset? Learn how to make your own VR movie with Latinitas and take your ideas from start to the 3D big screen!	Session 2a/2b: Girls in grades 6th-8th Session 3 Girls in grades 3rd-5th	Sessions: 2a/2b & 3	217
What's Love Got To Do With It?	Julie Burke Therapy	How do you show your child you love them? There isn't a right or wrong answer to that question, per se, however, are you speaking their love language? A love language, as developed by Gary Chapman, reflects how you want to be shown (by others) that you are valued and appreciated. Come learn about love languages (take the quiz to determine yours!), to discover how to connect with your children & loved ones in the most meaningful ways.	Girls in grades 6th-8th & adults	Sessions: 2a/2b & 3	226
Comprendiendo y Comunicando con su Adolescente	Con Mi MADRE	Vamos a comprender la importancia del rol de los padres durante la etapa de adolescencia y practicar comunicación efectiva. Esto ayudara a crear un ambiente positivo para desarrollar su relación con su adolescente.	Adults	Session: 1	241
El Poder de la Autocompasión	Girls Empowerment Network	Este año, Girls Empowerment Network facilitara una sesión completamente en Español niñas y los adultos que cuidan de ellas! El tema será Autocompasión- el acto de tratarte a ti misma con la misma amabilidad, cuidado y compasión que le darías a aquellos que más amas. Acompáñanos en una discusión y en actividades divertidas para aprender acerca de la autocompasión y cómo puedes practicarla y utilizarla en tu vida.	All	Session: 3	237