



## Girls Inc. of Metro Denver 2019 School Year High School Programs Calendar

**We are excited to announce important upcoming dates and events for the 2019 School Year.**

### **College Prep Workshops**

Advanced, hands on learning opportunities for college admissions, resumes, financial aid, scholarships and interview skills needed to complete portfolios for college admissions.

★ Saturday, January, 26, 2019, 10:00am-3:00pm

### **Graduation Celebration**

Join the GIMD seniors, families, and staff to celebrate 2019's high school graduate with a graduation stole ceremony.

★ Wednesday, May 1, 2019, 6:00pm-8:00pm

### **Interview Prep Workshop**

Advanced, hands on learning opportunities to prepare girls for the GIMD 2019 scholarship interview through interactive activities to learn and practice interview techniques and to develop interviewing skills.

★ Saturday, February, 23, 2019, 10:00am-3:00pm

### **Health & Sexuality**

This component, for participants in the 9<sup>th</sup>-12<sup>th</sup> grade, includes a series of two interactive, skill-building sessions that focus on the motivation and skills needed to maintain a healthy and positive sexuality.

★ Saturday, January 26, 2019, 10:00am-3:00pm

### **Scholarship Help Day**

Girls will receive assistances with searching, organizing, and completing college application, scholarship, and more!

★ Friday, February 1, 2019 12:00pm-5:00pm

### **Spring Break College Tour**

Prospective students will tour colleges and universities across Colorado.

★ Parent/Guardian Meeting Saturday, March 23, 2018 10:00am-11:00am (*mandatory*)

★ March 25, 2019- March 27, 2019

### **Summer Internship**

GIMD participants will learn job skills, professionalism, and communication skills to be used for college and beyond.

★ Saturday, March 2, 2019 – Internship application opens

★ Friday, April, 19, 2018 – Internship application due

### **THRIVE**

THRIVE is a youth lead group that focuses on art-based coping mechanism and communication skills. Workshops will address topics that are traditionally not recognized and/or provide space for youth of color. Join us for one or all of the THRIVE workshops.

★ January 19, 2019

★ March 16, 2019

★ May 18, 2019

★ February 16, 2019

★ April 27, 2019

### **V-day Health Awareness**

Come in to learn more about HIV, AIDS, and take a free test! While you wait grab resources and play games. All ages welcomed.

★ Wednesday, February 13, 2019 4:30pm-6:00pm

### **Zumba**

Zumba fitness classes, you can just lose yourself in the music and find yourself in shape. Zumba dance workout classes feature exotic rhythms and high-energy beats

★ Contact Isabel Cruz ([icruz@gidenver.org](mailto:icruz@gidenver.org) 303.893.4363 x 119) for class days and times.

For more information, contact Robyn Jackson, High School and College Program at [rjackson@gidenver.org](mailto:rjackson@gidenver.org) or 303-893-4363 x124

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