



What is GirlsCoach GirlsRun?

GirlsCoach GirlsRun is a Women & Family Life Center peer-mentoring program that promotes self respect, community, leadership and healthy living while training for a 5K run.

Through a 3-tiered peer mentoring program with high school juniors, 8th graders, and 4th graders, GirlsCoach GirlsRun aims to increase leadership skills, build self esteem and interpersonal competencies, teach healthy lifestyles, and demonstrate the benefits of being an active community member.

Who can participate?

Any high school juniors, 8th graders, or 4th graders from shoreline towns and communities.

How often does it meet?

The program is broken into 3 sessions:
Session I is for high school students only and meets for 6 weeks on Thursday evenings.
Session II is for high school and middle schoolers and meets for 6 weeks on Thursday evenings.
Session III includes the high school and middle school coaches and the 4th graders. It meets Tuesday and Thursday afternoons for 6 weeks at elementary schools in Guilford and Madison.

Is there a charge?

There is a registration fee for middle schoolers (\$75) and elementary school students (\$100). Scholarships are always available.

Do I need to be an experienced runner to join?

No. This program is open to everyone. Many past participants have never run before.

Can adults get involved?

Yes! We are always looking for volunteers to be adult supervisors. Please call the Women & Family Life Center if interested.

Register Today!

Don't wait for the fun to begin.
Sign up today!

To register, call:

GirlsCoach GirlsRun Program Coordinator at:
203.458.6699

Questions?

Join us at one of our information sessions to learn more about GirlsCoach GirlsRun or call the Women & Family Life Center at 203.458.6699.

Information Sessions:

- November 17: **High School Info Session**
Women & Family Life Center
7:00-8:00pm
- December 8: **Middle School Info Session**
Women & Family Life Center
7:00-8:00pm
- January 18: **Elementary School Info Session**
Women & Family Life Center
5:00-6:00pm

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www.womenandfamilylifecenter.org
www.wflcenter.wordpress.com



A program of the
Women & Family Life Center

~ Serving the Connecticut Shoreline ~





Session I: High School Coaches

Who: High school juniors
 When: January 5 – February 9
 How often: Every Thursday for 6 weeks
 Program: Participants learn leadership skills, get coaching instruction, explore topics of self esteem, body image, media, nutrition and conflict resolution so they can coach/mentor Sessions II and III.

Session II: High School Coaches and Middle School Assistant Coaches

Who: High school coaches plus 8th grade assistant coaches
 When: March 1 – April 5
 How often: Every Thursday for 6 weeks
 Program: Train with the high school coaches on topics such as self esteem, body image, media, nutrition and conflict resolution while developing a unique mentoring relationship with the high school coaches.

Session III: GirlsRun

Who: High school coaches, middle school assistant coaches, and elementary school runners
 When: April 30 – June 4
 How often: Every Tuesday and Thursday
 Program: The group is led by the trained high school and middle school coaches with an adult supervisor. It meets at elementary schools in Guilford and Madison. Girls discuss relevant topics such as: body image, nutrition, conflict resolution and the media while developing a unique mentoring relationship with their coaches. Girls train for a 5K run at the end of the program.



Important Dates

All meetings are held at the Women & Family Life Center unless otherwise noted

Date	Time	Event
November 17	7:00–8:00pm	High School Info Session
December 8	7:00–8:00pm	Middle School Info Session
January 5	7:00–9:00pm	Session I Begins
January 18	5:00–6:00pm	Elementary School Info Session
March 1	7:00–9:00pm	Session II Begins
April 12	After school time TBD	Kick-Off Event
May 1	3:30–5:30pm 2x weekly on Tues & Thurs	Session III Begins @ School Sites
June 8	5:00pm	5K Run @ Madison Surf Club

