

Girl Inspired! Emotional Well-Being Workshop Series



Free arts-based workshops for girls to:

- Share stories and life challenges
- Develop self-care practices to stay strong, healthy, and inspired



Girl Inspired! offers girls:

- A safe, creative environment
- The opportunity to recognize their unique value, gifts, and power
- The chance to use their voice to transform themselves and their world



Who Participates in Girl Inspired?

Created to address the emotional challenges that emerged during the Covid-19 pandemic, our four-part Girl Inspired Emotional Well-Being workshops are offered to New York area girls in grades three through eight. This program is offered bilingually and adapted for a variety of different communities, including interfaith groups and refugee girls.



Since the start of the pandemic, youth have dealt with mental health issues at increasing rates. One in three girls have new or increasing anxiety, compared to one in five boys.

HOW TO GET INVOLVED

One World Girl is consistently seeking new opportunities to work with our community to support empowering girls and women. Please contact us if you are interested in sponsoring a scholarship or working with us as a community partner.



"Everything that we discussed started to appear in my daily life. These topics really opened my eyes... topics that were very deep, but we were always cheered up by the fun activities that were planned. We were able to talk with friends while unleashing our creative sides. I was also introduced to girls from different backgrounds who came to these programs." - Leena, 12

One World Girl is a 501c3 nonprofit organization that equips girls to be changemakers through arts-based learning that emphasizes the power of diversity and taking action to create positive, lasting change. We envision a future where every girl uses her unique abilities and authentic power to positively transform themselves, their communities, and the world.

Want more information? Visit www.oneworldgirl.org, email us at info.oneworldgirl@gmail.com, or call 917-623-4554.