

## “Sister Hood” Adults

### Being Proud to Be a Female by United Through H.O.P.E.

**Who’s Invited:** any individual who is 18 and older. Must be high functioning. This is a “open type program” meaning no enrollment deadline. The signup is ongoing and fees are pro-rated for those that start AFTER the first date, but NOT for missing any dates once they start.

#### **“SH Adults” schedule for the Winter 2020 session.**

- Sunday, February 2, 2020, 1-3pm, Basics to Building Relationships, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, February 9, 2020, 1-3pm, Self-Esteem, Confidence, and Accepting Compliments, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, February 16, 2020, 1-3pm, Body Image & Self-Awareness, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, February 23, 2020, 1-3pm, Bullying, Cyber Bullying, & Harassment in the Work Place, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, March 1, 2020, 1-3pm, Handling Transitions & Emotions, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, March 8, 2020, 1-3pm, Handling Stress & Peer Pressure, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, March 22, 2020, 1-3pm, Goal Setting & Job Readiness From a Woman’s Perspective, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Sunday, March 29, 2020, 1-3pm, Making Healthy Life Style Choices, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- **SUNDAY, April 5<sup>th</sup> 3-5pm All Female Sister Hood Walk & Celebration (invite other “sisters” to this celebration of Being Female!)**

#### **General Overview of the SH Adults Program**

- ❖ Each meeting will consist of prep work review related to discussion topic, freetime to socialize, a team work activity to complete together, and female focused topics
- ❖ The program is meant to give them bonding time as females while improving their social, emotional, and physical health.
- ❖ Each session meeting there is ample time for group discussions and face to face communication and roleplays.

#### **Cost for normal session:**

- **Program Total Cost is \$110 due by first day of group and this includes their “Sister Hood” t-shirt for the April 5<sup>th</sup> celebration and a weekly diary they will be provided.**
- **If STARTING after first event** the enrollment fee will be pro-rated a certain amount based on the outings missed and an email will be provided with the pro-rated cost.

- No pro-rated costs if you miss an event once you start because you are out of town or sick.
- \$20 mandatory Intake for new members:
  - Intake must be completed by the Sunday evening one week before the closest event
- Availability to add in social autopsy sessions for additional assistance.

**All members receive after enrollment:** The pictures of all members and an email before each meeting with details about what to expect and prep for.

**For more information and/or to obtain the enrollment forms needed to be completed for this program, contact:** United Through H.O.P.E., Inc, at 1-866-857-7751 or send an email to [info@unitedthroughhope.org](mailto:info@unitedthroughhope.org)