

"Sister Hood" High School

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

Who's Invited: any individual who is in 9th-12th 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 HS" schedule for the Winter 2020 session.

- Saturday, February 1, 2020, 3-5pm, Basics to Building Relationships, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, February 8, 2020, 3-5pm, Self-Esteem, Confidence, Accepting Compliments, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, February 15, 2020, 3-5pm, Body Image & Self-Awareness, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, February 22, 2020, 3-5pm, Bullying & Cyberbullying, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, February 29, 2020, 3-5pm, Handling Transition & Emotions, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, March 7, 2020, 3-5pm, Handling Stress & Peer Pressure, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, March 21, 2020, 3-5pm, Goal Setting, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- Saturday, March 29, 2020, 3-5pm, Making Healthy Living Choices, UTH Frisco site, 9906 Camfield Avenue, Frisco, TX 75033
- **SUNDAY, April 5th 3-5pm All Female Sister Hood Walk & Celebration (invite other "sisters" to this celebration of Being Female!)**

General Overview of the SH HS 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 5th 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