



Equip ♥ Encourage ♥ Engage

## MARCH-MAY 2019 SCHEDULE

### DATE MESSAGE

**March 4** *Make Your Move* - Video Lesson Six

**March 11** Breaking Up with Fear *with Lee Nienhuis*

**March 18** Okay to Not be Okay: Recognizing and Supporting Girls with Anxiety *with Bruce Martin*

**March 25** ReFresh Online Gathering

**April 1** Girls Gone Wild, R-E-S-P-E-C-T *with Brenda Yoder*

**April 8** Talking the Trends *with Serena Ellens, GEMS Content Manager*

**April 16** Navigating Hard Topics with Girls *with Bruce Martin*

**April 23** How to be Emotionally Healthy *with Paulette Stamper*

**April 29** ReRefresh Online Gathering

**May 6** When It's More than You Can Handle *with Lenae Bulthuis, GEMS Training & Club Development Manager*

**May 13** Love for the Lonely Girl *with Amelia Rhodes, GEMS Senior Editor/Program Manager*

**May 20** Raising Brave Girls *with Lee Nienhuis*

**May 27** ReRefresh Online Gathering