

MONTGOMERY COUNTY PUBLIC SCHOOLS

GIRLS' Summit

SATURDAY, OCTOBER 21, 2023

9:00 a.m.— 1:00 p.m. • Clarksburg High School

You are invited to

various sessions/workshops on topics including healthy relationships, healthy eating and body image, self-esteem and more!

Inviting all MCPS families to the MCPS Girls' Summit. Join us for informative workshops geared towards middle and high school girls on a variety of current topics. Attendees will also get a chance to network with each other, participate in fun activities and enjoy a fashion show presented by White House Black Market celebrating diverse body types!

Sessions will be provided in both English and Spanish and will be organized by grade level.

*SSL hours available for students
Narcan training & distribution on site*

TOPICS INCLUDE:

- » Healthy relationships/dating violence
- » Social media use and mental health (including cyberbullying)
- » Self-esteem
- » Identifying symptoms of depression & anxiety
- » Non-suicidal self-injury and suicide (how to get help)
- » Healthy eating
- » Body image
- » AND MUCH MORE!

WHERE

Clarksburg High School
22500 Wims Road
Clarksburg, MD 20871

RSVP

