



DIVA'S DON'T DO THAT! ©

Girls Mentoring Program

Healing Hearts of Families USA Ministries Inc.
 2071 McAfee Road Decatur, GA 30032
www.healingheartsusa.org
 404-289-5277

The Diva's program, provides twelve facilitated sessions created for the self-development of girls helping to guide them into healthy, whole and stable women.

This program provides supports and activities which exposes girls to older females and adult women, health and behavioral health providers and women of faith which gives girls three perspectives of information related to issues, resiliency, their development and future decisions.

The sessions are 12 facilitated sessions:

| | |
|---------------------------------------|--------------------------------------|
| Being a Girl ----- | Define standards/values |
| Trusting Yourself ----- | Define Instinct, Actions |
| Friends ----- | Friendships, Influences |
| Body ----- | Hygiene, Image |
| Goals ----- | Future, Fantasy |
| Sexuality ----- | Sex/Health Hygiene |
| Drugs ----- | Alcohol/ Tobacco, Drugs, Clubs |
| Competition ----- | Healthy, Destructive/Envy/Mental |
| Health | |
| Anger Management ----- | Triggers, Responses |
| Domestic Violence/Trauma ----- | Identification, Abuse |
| Decision-Making ----- | Choices, Boundaries |
| Consequences | |
| Strengths ----- | Resiliency/ Healing/Forgiving |

Divas goes through the sessions reflecting by writing in a Diva's Diary, activities include drawing, role plays.

DIVA'S DON'T DO THAT!



Calling all girls you can be a positive role model
Calling all girls you can be a positive role model
JOIN US as we explore what it takes to really be a DIVA
So you think you are a DIVA?

Sign up Now-

GIRLS 8-17!

Get a referral from your counselor, minister, teacher, parents or guardian.

** 12 sessions mentoring program teaches girls about trust, friends, body/health, drugs, competition, anger, decision making, sexuality, abuse, career, strengths and mentoring.

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Diva's Name: _____

School: _____ Age _____ Grade _____

H-Address: _____

City _____ State: _____ Zip _____

Parent Guardian Info

Name: _____

Phone: _____ () H () W

Cell: _____

Email: _____

Anything special you want to tell us about your DIVA

Diva's Name: _____

School: _____ Age _____ Grade _____

H-Address: _____

City _____ State: _____ Zip _____

Parent Guardian Info

Name: _____

Phone: _____ () H () W

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Email: _____

Anything special you want to tell us about your DIVA

The Jamaal Addison-



(M3) MILITARY MENTORS MATTERS©

The M3 Military Mentors Matters© program assist in reducing disciplinary issues at schools which interrupt active learning. The mentors are in place to make children feel safer during the school day. The M-3 Military Mentors Matters© program provides military mentors, their family members and corporate military affiliated partners as mentors in schools. (M-3) mentors gauge student's emotions, reduce bullying and other disruptive behaviors during the school. Our mentors will be utilized as greeters in the mornings, as hall monitors mentoring and being a listening ear for youth with a need as well as be a disciplined presence in class and lunch room as needed. In the afternoons they see youth off of the grounds as they depart to go home.

The Objective

To give youth an additional level of support during their school day by having additional adult presence who is not too busy to listen to them when the need arises. The mentors will also be another level of safety to divert crisis providing the following.

- A disciplined adult presence in the halls as monitors and in the classroom when there are disruptions
- To be the eyes and ears to staff, gauging student emotions, bullying and tensions during the day
- Make children feel safer by offering more security in an indirect way for student safety

RECRUITING MENTORS FOR BOTH PROGRAMS

Click any volunteer button or email to

healinghearts_us@yahoo.com Ph:404-289-5277 Fx:404-890-5644