



Girls Health and Leadership Summer Retreat

This summer at CIANA, we are launching a brand new educational program focusing on health and leadership for immigrant girls ages 14-18.

This program will explore:

- **Basic health issues all girls should know**
- **How to keep yourself safe**
- **Skills for successful communication**
- **Developing healthy relationships**

This retreat will be a **fun, open** environment where you can learn and **ask questions**. This is also an opportunity for you to meet other girls who have recently immigrated to the U.S. and to develop a network of friends and support.

Date: Friday, August 6, 2010
Time: 10 am-4 pm
Location: CIANA
31-09 Newtown Avenue, Suite 411
Astoria, NY 11102

****Lunch and round-trip MetroCards will be provided****

If you would like to register, or to receive more information, please contact Charlotte Turovsky and Marlene Edelstein at (718) 545-4040 or email girlshealth@cianainc.org.

****Space is limited you must pre-register****



Everything shared at the retreat will be held in strict confidence