

10th
ANNIVERSARY



GIRLS
ELEVATED

an event to
EMPOWER TEENS & TWEENS

SATURDAY • 9AM – 3PM CDT

APRIL 20, 2024

United Way-Greater Houston • 50 Waugh Drive, Houston, TX 77007

Join us for the **10th Anniversary of Girls Elevated**, a community event that helps teen and preteen girls and their parents/caregivers navigate the changes and challenges of adolescence, so they can emerge strong, healthy, resilient young women.

Led by an impressive team of experts, this year's **all new, fun, interactive sessions** will cover the critical topics girls want and need to know about.

Caregivers will get **trusted expert advice** on important topics to help strengthen their bond with their teen while keeping them safe and healthy.

Don't miss this unique opportunity for girls to come together to learn, interact and ask questions in a **safe, encouraging environment** – one where they'll feel included, valued, recognized, and inspired.

TOPICS

Puberty
Substance use
Goal setting for health and wellness
Improving resiliency with a growth mindset
And more!

WHO SHOULD ATTEND?

Girls in Grades 3 to 8 with an adult

COST AND REGISTRATION

EARLY BIRD – \$35 per adult/teen pair
AFTER MARCH 22 – \$40 per adult/teen pair

Admission includes lunch, snacks, and free convenient parking



To reserve your space, register at
[GirlsElevated2024.eventbrite.com](https://www.girlselevated2024.eventbrite.com)

Have questions? Call Ann Tims at 832-826-7464.



Baylor
College of
Medicine