

CELEBRATING
60 YEARS
JL

JUNIOR LEAGUE OF GREENWICH

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****MEDIA ALERT****

FOR IMMEDIATE RELEASE

Junior League of Greenwich Hosts First PositivelyMe! Weekend of 2019 for 3rd Grade Girls

GREENWICH, CT January 17, 2018 – On January 11th-12th, the Junior League of Greenwich's PositivelyMe! program held its first session of the year, with 32 enthusiastic third grade girls participating. PositivelyMe! is all about building self-esteem, by instilling confidence, encouraging self-expression and helping to develop coping mechanisms to deal with peer pressure and bullying. The two-day program is also a ton of fun, and girls make new friends while developing skills to last them a lifetime. Girls participate in icebreakers to get to know one another, and spend the sessions in activities like art projects, board breaking and role playing.

The PositivelyMe! team spent the fall planning and preparing for these sessions, and will offer sessions in February, March and April. "We are grateful to be able to teach over 140 girls in the community ways to express themselves, while promoting volunteerism and random acts of kindness," says JLG President Elizabeth Peyton. Program co-chairs Jen Caplan and Martha Civitillo share "PositivelyMe! is an absolute passion project. We work hard to pull together a program to give each participant tools and techniques to promote positive self-esteem and confidence, and to overcome bullying situations."

This year's remaining sessions will be held on:

February 1-2, 2019

March 1-2, 2019

April 5-6, 2019

Please direct all inquiries to positivelymejlg@gmail.com, including questions about being placed on the waiting list for any sessions.

About the Junior League of Greenwich

The Junior League of Greenwich has been bettering the community for 60 years. It is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained individuals. Its purpose is exclusively educational and charitable. The JLG is committed to inclusive environments of diverse individuals and reaches out to women of all races, religions, and national origins who demonstrate an interest in and commitment to voluntarism. For more information, please contact the Junior League of Greenwich at jlg@jlgreenwich.org and visit our website at www.jlgreenwich.org.

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