



The GIRLS Group Quarterly

Newsletter

August 2022

Do you have self-compassion?

Many people fear self-compassion is really just a form of self-pity. In fact, self-compassion is an antidote to self-pity. While self-pity says "poor me," self-compassion recognizes that life is hard for everyone. When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, things start to change. We can learn to embrace ourselves and our lives, despite inner and outer imperfections, and provide ourselves with the strength needed to thrive. Self-compassion is the care and nurturing we offer ourselves when we make mistakes, embarrass ourselves, or come short of a goal we were hoping to achieve. It is the acknowledgment of our pain, and the rejection of the notion that we should just "tough it out." Having self-compassion means to honor and accept your own humanness and accept that in life, you will encounter a number of unfortunate circumstances, sometimes where you're the one at fault. Self-compassion is having grace for oneself.



Simply Beautiful PAMPER PARTY

Saturday | Sept 24 | 11am-3:30pm

EXCLUSIVE VENDORS
MASSAGES
NAIL SETS & MANICURES
MAKEUP APPLICATION
EMPOWERMENT SPEAKERS
YOGA CLASSES
CHAMPAGNE
RAFFLES
LIVE MAKEUP DEMOS
SKINCARE DEMOS
FASHION SHOW
APPETIZERS

\$10
ENTRY FEE

GLAM BAGS WHILE SUPPLIES LAST

Location: EMERALD @ QUEENSRIDGE
891 S. Rampart Blvd | Las Vegas, NV 89145



CLICK HERE FOR MORE INFORMATION
AND TO PURCHASE TICKETS

ALL PROCEEDS GO TO THE
MENTORING PROGRAM

www.thegirlsgroup.org



"Simply Beautiful" brings the spa experience to you

A pampering and empowering mind, body, and spirit fundraising event with acials, massages, mani, nails, makeup, shopping, exercise, demos & speakers all under one roof

Once you enter the building you will register and pay the entrance fee of only **\$10.00**
(remember it's a fundraiser for our mentoring program)

Receive a **G.I.R.L.S. Group swag bag** filled with not only GIRLS Group swag but products from our sponsors... while supplies last

Grab a tasty treat, soft drink, infused water, and a glass of champagne
Stop and shop with our vendors

Just some of our vendors:

Bolt Beauty Supply, Sister Squad, Davida Hand Craft Soaps, 222 Beauty Boutique LV, Joyfulcents, KarenBuford Art, Lucinda's Magick Shoppe, Urban Jungle Scents, Koifs, The Lavish Experience

Get a spa service: 4-5 min **COMPLEMENTARY** MESSAGES by The NOW Massage, facials, mani, nails, makeup

Services can range from **\$10-\$85** per session

Sessions range from 10 minutes to 40 minutes (depending on the service)

Get fit at our Yoga Class

Yoga with soul with Erin

Listen to our Empowerment Speaker

Taneka Walston: Taneka is a consummate entrepreneur. She is a prolific worship leader, teacher, intercessor, songwriter, and recording artist. licensed hair stylist and last but not least she is the author of the 31-day devotional book entitled, Audience of One.

Enjoy our Fashion Show

Sponsored by 1QTee Boutique

Check out a demonstration

Makeup, lashes, skincare

PS: Men like to be pampered too...



✉ info@thegirlsgroup.org
🌐 www.thegirlsgroup.org



Mentoring program one-day workshop

This workshop is to give girls between the ages of 12-18 that may be interested in joining our mentoring program an overview of the program. **February 18, 2023**
1:00pm-5:00pm at the Centennial Hills Library Multipurpose room.

The goal of this workshop: To empower and encourage girls to achieve their personal best, which in turn will Generate Inner Respect Love and Self-Empowerment. Encouragement to unlock their talents and pursue their goals. Encourage girls to discover and celebrate their uniqueness. Empower girls to make sound decisions and learn responsibility. Empower girls to recognize their passions.



Workshop Sessions are based on our Program Objectives

Session I - Better You

Promote and encourage healthy lifestyles by discussing how to enhance and improve inner and outer appearance by way of nutrition, fashion, skin & hair care, and fitness.

Session II - Love

Develop and provide relationship awareness by discussing how to inspire and cultivate relationships expose those telltale signs when relationships are not providing happiness, love, support, and growth. stereotypes; different cultures; societal pressures.

Session III - Empowerment

Guidance on how to empower yourself without compromising yourself. Discover and expand your possibilities. Increase ownership of your words and to be self-empowered by your actions.

Speakers:

Financial Literacy | College Readiness | Self-Confidence
Body Positivity | Nutrition

Breakout sessions:

Makeup | Skincare | Haircare | Self-Defense | Hip-Hop Yoga
Games | Open Conversations | Crafts | Healthy Eating Tips

WORKSHOP IS FREE

SNACK & LUNCH PROVIDED - LIMITED SPACE - REGISTRATION REQUIRED

To register please go to www.thegirlsgroup.org

For more information email us at info@thegirlsgroup.org

Group Mentoring Program

We are accepting applications for our girls group mentoring program. We only have a few slots left.

The girls group mentoring program runs for six months. April 2023-October 2023. The 2nd Saturday of each month from 11:00 am - 5:00 pm.

If you know or are a girl between the ages of 12-18 that:

- Wants to learn new things
- Wants to make new friendships
- Wants to discover and celebrate her uniqueness
- Wants to have fun while still learning.

Go to our website www.thegirlsgroup.org and sign up to be a G.I.R.L.S. Group Mentee

Our Goals:

Encouragement to unlock their talents and pursue their goals.
Encourage girls to discover and celebrate their uniqueness.
Empower girls to make sound decisions and learn responsibility.
Empower girls to recognize their passions.
Encourage and assist girls to pursue their goals.

Our group mentoring sessions include:

Speakers: Healthy lifestyles, etiquette, financial savings, college applications, entrepreneurship, etc.

Girl talk rap sessions, Crafts, Community involvement, tutoring, Icebreakers, Group discussion experiences, Lunch, Game time and more...

Speakers Wanted

The GIRLS Group is looking for speakers for our Women's Workshops in 2023.

If your forte is motivational, financial, nutritional, stylist, activist, educational, therapist, pastor, entrepreneurship, human resources, grant writing, life coach, fitness trainer, etc. we need you.

Please contact us at www.thegirlsgroup.org or thegirlsgrouporg@gmail.com

The Nevada Child Care Fund

The Nevada Child Care Fund is available for expanded support for families seeking child care. This program provides financial support to help pay for child care. The intake process can be done in person, over the phone or video call. For more information call 702-473-9400 Join us in January.

Vaccination appointments are available statewide. To schedule an appointment in Southern Nevada:

- Visit vax4nv.nv.gov/patient/s/;
- Call 800-401-0946.

For frequently asked questions and answers about COVID-19 infection and vaccines, visit www.lasvegasnevada.gov/vaccine.

If you have more questions about the vaccine, please visit <https://www.immunizenevada.org/nv-covid-fighter> for statewide information and <https://covid.southernnevadahealthdistrict.org/vaccine/> for Southern Nevada information. You also can call 800-401-0946.

COVID Home Testing Kits

Every home in the United States is eligible to order eight free COVID-19 home tests. Order your tests now at <https://special.usps.com/testkits> so you have them when you need them.

Registration for AngelNV Entrepreneur Bootcamp Opens **Sept. 1**

Operated by StartUpNV, a statewide nonprofit incubator and accelerator for Nevada-based startup companies, AngelNV Entrepreneur Bootcamp will open registration Sept. 1 for its free three-month program for founders and entrepreneurs.

Now in its third year, the AngelNV program teaches startup founders the fundamentals of attracting venture capital, including perfecting their pitch, conducting market research, and developing a deck to attract investors. This year, the curriculum also will include more topics related to business model development, go-to-market considerations, and common legal issues for startups.

The Entrepreneur Bootcamp sessions begin Oct. 11 and will be held in-person in downtown Las Vegas at the International Innovation Center @Vegas or virtually via Zoom on Tuesdays at 5:30 p.m.

Founders/business owners interested in the bootcamp can sign up online at <https://startupnv.org/bootcamp-application/>. Entrepreneurs can sign up throughout the course of the bootcamp, as the sessions will be archived online for viewing.

After completing the bootcamp, entrepreneurs can apply for AngelNV funding (separate registration and application fee is required). Accredited angel investors who invest in the AngelNV Conference Fund will again award at least one AngelNV startup with a \$200,000 investment April 29, 2023, at a Shark Tank-style event. Last year, more than 250 founders participated in the AngelNV Entrepreneur Bootcamp, which culminated with 45 investors awarding a total of \$375,000 in investment to two Nevada-based startups.

StartUpNV launched AngelNV in 2020 to foster an angel investment network for Nevada-based startups and attract to the state scalable startup businesses and entrepreneurs with big ideas to build a more diversified and resilient economy. AngelNV is building a bridge between entrepreneurs and angel investors by teaching startups how to raise venture capital and teaching accredited investors how to invest wisely in startups. For more information on AngelNV visit: www.angelnv.com.

UPCOMING EVENTS

JANUARY: GIRLS MENTORING WORKSHOP

SEPTEMBER: WOMEN'S WORKSHOP

MARCH: PROM DRESS/SUIT GIVEAWAY

NOVEMBER: GIRLS MENTORING PROGRAM COTILLION

APRIL - OCTOBER: GIRLS MENTORING PROGRAM

DECEMBER: MASQUERADE GALA

JUNE: BACK TO SCHOOL GIVEAWAY

**VOLUNTEER
COACHES
NEEDED**



Are you interested in making a difference in your community? If so, we need you! We are looking for fun and energetic volunteer coaches who are willing to teach the youth of Las Vegas the basic skills of sports, sportsmanship, and teamwork.

https://www.lasvegasnevada.gov/News/Blog/Detail/volunteer-coaches?utm_medium=email&utm_source=govdelivery

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.



LEARN MORE ABOUT THE LIFELINE & 988

<https://988lifeline.org/current-events/the-lifeline-and-988/>

**PLEASE SHARE AND FORWARD
OUR NEWSLETTER WITH OTHERS
THAT MAY BE INTERESTED.**

