

Newsletter

January 2023



When you are working hard to achieve your goals, you can easily put your self-care needs aside. Deadlines dictate your to-do list; stress and fatigue start to accumulate because of long working hours; and you get lost in the vortex of screens and information overload. Putting your needs aside leads to a burnout, disconnection from yourself and your values, stress, anxiety, and other mental illnesses that you may not notice until the wake-up calls start to appear.

A LIST OF THINGS TO HELP YOU BECOME MORE SELF-AWARE IN ORDER TO MANAGE YOUR EMOTIONAL RESILIENCE AND PHYSICAL HEALTH.

- TALK ABOUT IT
- REALIZE SELF-CARE IS A NECESSITY, NOT A LUXURY
- BLOCK TIME FOR YOURSELF
- MAKE SELF-CARE PART OF YOUR ROUTINE
- SET BOUNDARIES
- STOP COMPARING YOURSELF TO OTHERS
- BE GRATEFUL
- HAVE FUN



Just in Time
PROM DRESS & SUIT GIVEAWAY
March 18, 2023

THE GIRLS GROUP "JUST IN TIME" PROM DRESS AND SUIT GIVEAWAY

In a high school student's life, prom night can be one of the most memorable times of their lives. Every high school senior and/or junior wants to attend their prom. But some students unfortunately have to give up their plan to go to prom because they cannot afford prom attire.

Just in Time is a one-day, annual event held Saturday, March 18, 2023, from 11:00-4:00 at the Pearson Community Center, that provides free prom dresses, suits, and accessories to local high school young ladies and young men in need. Our goal is to make sure every young lady and young man that wants to attend prom can do so no matter what their personal or financial hardships may be. We want each young person that attends our event to walk away having a sense of pride and self-confidence knowing they are going to look simply stunning at their prom.

THIS IS A FREE, FIRST COME-FIRST SERVE EVENT TO ANY HIGH SCHOOL JUNIOR OR SENIOR THAT NEEDS PROM ATTIRE. WE OPERATE ON THE HONOR SYSTEM, SO NO PROOF OF FINANCIAL NEED IS NECESSARY.

We not only provide dresses and suits for prom night but also provide the accessories. All items may be either new or slightly used. These items are given to the young ladies and young men at no cost to them and remain theirs to keep.

There will also be hair stylists, barbers, makeup experts, nail techs, and stylists to assist each young woman and young man with their grooming needs all FREE of charge.

TO DONATE A DRESS, SUIT, TUXEDO AND/OR ACCESSORIES, SUCH AS PURSES, TIES, AND JEWELRY.

Drop off location:

1QTEE Boutique

4611 N. Rancho Drive 89130

For more information, or to find out how you can help, please visit our website www.thegirlsgroup.org or contact us at info@thegirlsgroup.org.

UPCOMING EVENTS

MARCH: PROM DRESS/SUIT GIVEAWAY

SEPTEMBER: WOMEN'S WORKSHOP

DECEMBER: MASQUERADE GALA

THE GIRLS GROUP IS LOOKING FOR VOLUNTEERS.

As a growing non-profit organization serving Las Vegas, NV and Los Angeles, CA, we believe will have a significant impact within the community. In order to achieve the success, we hope to gain here in Las Vegas, your role as a volunteer is critical to that success.

There are a multitude of opportunities and responsibilities for volunteers within The GIRLS Group. We also believe that you will find our programs, workshops and fundraisers are innovative and are a reflection of shared collaborations.

If you are interested, please contact us at www.thegirlsgroup.org or thegirlsgrouporg@gmail.com.



Please share and forward our newsletter with others that may be interested.

