

Empowerment starts here! Join 'It's a Girl Thing' and embark on a journey of self-discovery and growth. Our mission is simple yet profound: to reshape perceptions, circumstances, and lives of teen girls. Through engaging activities, insightful education, and influential testimonials, we equip girls in grades 6-12 with the tools they need to navigate crucial topics like pregnancy and STD prevention, while fostering self-worth and goal-setting.

With us, you're not just a participant; you're a catalyst for change! Join our award-winning program, recognized nationally for its impact and excellence. Discover the power of self-esteem and body image in shaping your mental health and behavior.

Enroll now and be part of a supportive community that meets once a month at Union General Hospital Conference Room, alongside sessions in Union Parish Schools during the academic year. Don't miss out on this opportunity to ignite your potential and embrace your journey to empowerment with 'It's a Girl Thing'!



[Union General Hospital - Community](#)

UNION GENERAL HOSPITAL

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*"Providing Quality Service with
Compassionate Care"*



It's a Girl Thing Mission and Goals

Our **MISSION** is to help change the views, circumstances, and lives of teen girls.

GOAL: To connect and educate teen girls in 6th to 12th grades with a focus on Pregnancy and STD prevention. We aim to achieve this through educational activities, health information, and testimonials from influential community leaders.

We provide information to teen girls to equip them with tools to understand the importance of self-worth and setting life goals.

It's a Girl Thing Objectives

- Provide education to increase the knowledge base of local teens. Education is transformative, impacting lifestyle and future generations.
- Enhance decision-making skills.
- Change attitudes and beliefs about self-worth. For more information, visit www.uniongen.org.

Why Are Self-Esteem and Body Image Important?

Self-esteem reflects one's perception of personal worth and the value attributed to them by others. It significantly impacts mental health and behavior. Individuals with high self-esteem possess self-awareness, realism, and develop friendships based on mutual appreciation. They typically exhibit a sense of control over their lives and understand their strengths and weaknesses.

Recognitions and Awards

- 2014: Outstanding Rural Health Program of the Year Award from the Louisiana Rural Health Association (LRHA).
- 2015: Program of Promise from the Hospital Charitable Services Awards, Jackson Healthcare Foundation. Only 4 recipients were chosen out of 208 nominees.
- 2016: Program of Excellence from the Hospital Charitable

Services Awards, Jackson Healthcare Foundation. Only 10 recipients were selected out of over 200 nominees nationwide.

- Recognized by the National Rural Health Resource Center Small Rural Hospital Transition Project Newsletter in May 2014, October 2016, and November 2016.

Program Schedule

- **Location: Union General Hospital Conference Room**
- **Frequency: Once a Month**
- **Time: 5:00-7:00 PM**
- **Also held at Union Parish Schools during the school year.**

