

Nu Sigma Youth Services, Inc.



Ladies First...The Journey

FACT SHEET

Ladies First...The Journey is a six (6) week enrichment program designed for female children and adolescents. Nu Sigma Youth Services in partnership with participating organizations will operate **Ladies First...The Journey** 2 days during the week and 1 Saturday per month for 6 to 8 weeks. Each session will run for 1 hour. Students for this project will be recruited from the participating schools and/or areas. The hours of operations will be determined by the schools and Nu Sigma Youth Services during the week with Saturday hours being determined by planned activities. Participants will begin each day with daily reflections followed by individual and small group workshops or project activities.

WHO ARE POTENTIAL MEMBERS?

Ladies First is a program open to females between the ages of 13 and 17. Females under the age of 13 will participate in the Ladies First Jr. program.



ORGANIZATION

All **Ladies First** groups shall be organized under the guidance of Nu Sigma Youth Services, Inc. Nu Sigma will also recruit community volunteers to assist with the project. The Executive Director of Nu Sigma Youth Services will provide program leadership as well as technical assistance to the site regarding Youth Development activities.

PROGRAM GOALS AND OBJECTIVES

Nu Sigma Youth Services has identified the following program goals, which will be targeted through its program activities:

1. To increase skills among participants to resist peer pressure through leadership development and training;
2. To increase the knowledge of participants of the negative consequences of involvement with negative behaviors such as substance abuse, violence and high-risk sexual activity;
3. To increase awareness of cultural values and heritage;
4. To improve academic performance and increase awareness of careers and educational opportunities;
5. To provide on-going support for program participants through mentoring by African American professionals.

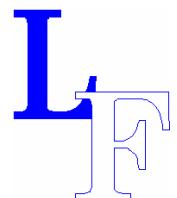
PROGRAM COMPONENTS

- ◆ Mentoring with professional women
- ◆ Employment Readiness
- ◆ Career Exploration
- ◆ Trips
- ◆ Etiquette Classes
- ◆ Personal Health
- ◆ Recreational Activities

PROGRAM BENEFITS

- ◆ Mentoring
- ◆ Study skills
- ◆ Self Responsibility Strategies
- ◆ Professional Interactions
- ◆ Career Exploration

Nu Sigma Youth Services, Inc.
1207 Chestnut Street, 3rd Floor
Philadelphia, PA 19107
(215) 851-1848
(215) 665-9886 (Fax)



Darryl Coates - Executive Director