

2024 PROGRAMS & WORKSHOPS

For Black Girls



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Contact Us:
hello@forblackgirls.com



ABOUT US

"For Black Girls" is a non-profit membership organization committed to promoting equity and empowerment for Black girls and womxn. We strive to create a society where every girl and womxn of color has equal access to opportunities, resources, and support, regardless of background or circumstances. Through our programs, advocacy, and community engagement, we aim to break down barriers, challenge systemic injustices, and foster a culture that celebrates Black girls' diverse strengths and talents. We are dedicated to building a world where every Black girl can thrive, achieve her full potential, and lead confidently and proudly.

HOW WE SERVE WOMXN OF COLOR

We believe that equitable representation of our community is the key to unlocking our full potential. We strive to empower Black womxn with confidence and pride by providing access to resources that support their goals by providing safe spaces, curating unique events, professional development, leadership programs, arts programs, special interest groups, a membership app, and more.



2024

OUR TEAM

For Black Girls

Our board and staff consists of both men and womxn of color from diverse backgrounds. We pride ourselves on listening to the community we serve in order to provide resources they need instead of resources we “think” they need.

Here are some of the amazing huemans who move our organization forward.



Founder & CEO
Rochelle Christopher



Strategic Partnerships Team
Linton Levy Jr.



Online Community Manager
Chimebere Iruka



Strategic Partnerships Manager
Justine Mills

WHAT WE DO

"For Black Girls" is a non-profit membership organization dedicated to promoting equity and empowerment for Black girls and womxn. Our goal is to create a society where every girl and womxn of color has equal access to opportunities, resources, and support, regardless of their background or circumstances. Through our programs, advocacy, and community engagement, we aim to break down barriers, challenge systemic injustices, and foster a culture that celebrates the diverse strengths and talents of Black girls.



We are committed to building a world where every Black girl can thrive, achieve her full potential, and lead confidently and proudly.

We serve womxn of color by providing access to resources that support their goals. We believe that equitable representation is key to unlocking our full potential. We offer safe spaces, curate unique events, provide professional development and leadership programs, arts programs, special interest groups, and a membership app, among other services. Our mission is to empower Black womxn with confidence and pride, ensuring that they have the tools they need to succeed. We aim to create a sense of belonging, support and sisterhood within our community, fostering an environment where Black womxn can thrive and reach their highest potential. We are dedicated to giving back to our community and providing the necessary resources, support, and network for success.

2024 OFFERINGS OVERVIEW

Pricing for each of the offerings below vary. If interested, please email rochelle@forblackgirls.com to discuss pricing and schedule.

<p>AUTHENTICALLY YOU: NAVIGATING WHITE DOMINATED WORKSPACES AS A WOMAN OF COLOR</p> <p>Program Structure:</p> <ul style="list-style-type: none">• Duration: Full-day workshop or series of sessions spanning 8-weeks• Interactive discussions and activities• Personal reflection exercises• Case studies and real-life examples• Q&A sessions for participant engagement	<p>Join our workshop designed exclusively for women of color, offering insights, strategies, and tools for navigating white-dominated workspaces while staying true to oneself. Explore the unique challenges faced by Black womxn in these environments and gain practical guidance to overcome them. Embrace your authenticity and thrive in the workplace.</p>
<p>LEADERSHIP DEVELOPMENT FOR WOMEN OF COLOR</p> <p>Details:</p> <ul style="list-style-type: none">• Duration: 12-week program• Format: In-person and online workshops, mentorship sessions, and group projects• Topics Covered: Leadership styles, communication skills, decision-making, networking, personal branding• Mentorship: One-on-one mentoring with successful women of color leaders	<p>Unlock your leadership potential and make a lasting impact. Join our 12-week program designed to empower women of color with the skills and confidence to lead. Gain valuable insights from accomplished mentors and develop your unique leadership style.</p>
<p>BODY POSITIVITY FOR WOMEN OF COLOR</p> <p>Details:</p> <ul style="list-style-type: none">• Duration: 6-week program• Format: Supportive group discussions, self-reflection exercises, and guest speaker sessions• Topics Covered: Challenging beauty standards, self-acceptance, self-care, promoting positive body image• Guest Speakers: Body positive advocates and experts	<p>Embrace your unique beauty and promote body positivity. Join our 6-week program designed to empower women of color to love and accept their bodies. Engage in meaningful discussions, gain practical tools, and foster a supportive community.</p>

<p align="center">SELF-ADVOCACY FOR WOMXN OF COLOR</p>	<p>Learn to advocate for yourself confidently and effectively. Join our 4-week program to acquire the skills needed to navigate workplace challenges and healthcare settings. Empower yourself to overcome bias and ensure your voice is heard.</p>
<p>Details:</p> <ul style="list-style-type: none"> • Duration: 4-week program • Format: Interactive workshops, role-playing exercises, and expert panels • Topics Covered: Assertiveness, navigating bias, effective communication, self-advocacy in healthcare settings • Expert Panels: Professionals from various industries sharing insights and advice 	
<p align="center">EMPOWERHER: UNLOCK YOUR POTENTIAL, TRANSFORM YOUR LIFE</p>	<p>Join our exclusive mentorship program designed specifically for Black womxn aged 21 and over. Experience personal growth, professional advancement, and holistic well-being. Connect with experienced mentors who will guide and inspire you on your journey to happiness, authenticity, financial literacy, self-love, and more."</p>
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 9 months • Monthly mentorship meetings (virtual or in-person) • Engaging workshops and interactive activities • Community-building events and outings • Access to additional resources and support 	
<p align="center">EMBRACING BLACK EXCELLENCE: A WOMAN'S JOURNEY TO SELF-LOVE AND INNER STRENGTH</p>	<p>Join our transformative self-love workshop designed exclusively for Black womxn. Acknowledging the unique challenges and experiences they face, this workshop empowers participants to cultivate self-compassion, embrace their unique identities, and foster positive connections within themselves and their community. Through group discussions, reflective exercises, and interactive activities, discover the power of self-love and unlock your inner strengths.</p>
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 4-week workshop series • Weekly sessions (in-person or virtual) • Group discussions and interactive activities • Reflection exercises and journaling prompts • Ongoing support and resources for participants 	
<p align="center">ART AND ACTIVISM FOR SOCIAL JUSTICE: EMPOWERING VOICES, INSPIRING CHANGE</p>	<p>Join our 8-week program that prioritizes uplifting marginalized communities through creative expression and community engagement. Through interactive discussions, collaborative projects, and planning a public event, participants will develop skills in creative expression, storytelling, design, and community organizing. Discover the intersection between art and activism, amplify voices often overlooked, and create a lasting impact for social justice.</p>
<p>Program Structure:</p> <p>Duration: 8 weeks Weekly sessions (in-person or virtual) Interactive discussions and activities Collaborative art projects and community engagement Reflection exercises and personal growth opportunities</p>	

<p align="center">ART WORKSHOP FOR MENTAL WELLNESS AND CULTURAL AWARENESS</p>	
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: Full-day workshop • Guided art activities and demonstrations • Group discussions and sharing circles • Reflection exercises and journaling prompts • Supportive and inclusive environment 	<p>Nurturing Creativity, Promoting Wellness, and Celebrating Heritage. Join our full-day workshop designed exclusively for Black womxn, providing a safe and supportive space to explore creativity, promote mental wellness, and deepen cultural awareness. Engage in artistic expression, foster personal growth, and celebrate the richness of your heritage.</p>
<p align="center">FINANCIAL EMPOWERMENT WORKSHOP</p>	
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 2-day workshop (can be adjusted based on needs and availability) • Workshop Format: In-person or virtual sessions • Group Size: Ideally 20-30 participants to encourage engagement and interaction 	<p>Financial Empowerment Workshop: Building Wealth and Securing Your Future. Join our workshop designed specifically for women of color, providing essential financial literacy tools and strategies. Gain knowledge in budgeting, investing, and wealth-building, empowering you to take control of your financial future.</p>
<p align="center">MENTORSHIP PROGRAM FOR COLLEGE AND CAREER SUCCESS</p>	
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 4-week workshop series • Weekly sessions (in-person or virtual) • Group discussions and interactive activities • Reflection exercises and journaling prompts • Ongoing support and resources for participants 	<p>Unlock your potential with our Mentorship Program for College and Career Success! Gain personalized guidance from experienced professionals who are passionate about helping you succeed. Expand your network, enhance your skills, and receive valuable insights tailored to your goals. Join our program and take the first step towards a successful future. Apply now and let us empower you to achieve greatness!</p>
<p align="center">HEALING AND WELLNESS RETREAT</p>	
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: Retreat format (2-4 days) • Curated curriculum with 7 modules • Each module focuses on a specific aspect of healing and wellness • Combination of educational sessions, experiential activities, and self-reflection exercises • Personalized wellness plan creation at the end of the retreat 	<p>Escape to a transformative Healing and Wellness Retreat designed to nurture your mind, body, and spirit. Our program offers a curated curriculum to guide you on a journey of self-discovery and rejuvenation. Immerse yourself in mindfulness and meditation practices, indulge in gentle yoga and movement, explore the connection between nutrition and mental wellness, and learn essential self-care rituals. Engage in emotional healing exercises, develop coping strategies, and build resilience. At the end of this retreat, you will create a personalized wellness plan to continue your journey towards holistic well-being. Join us for a retreat that will leave you refreshed, revitalized, and equipped with the tools to live a balanced and fulfilling life.</p>

<p align="center">ENTREPRENEURSHIP AND BUSINESS DEVELOPMENT PROGRAM</p>	<p>Unleash your entrepreneurial spirit with our comprehensive Business Development Program. Discover the key to success as we guide you through modules designed to identify business ideas, develop a solid business plan, master marketing and branding strategies, and navigate financial management. Learn the art of networking, overcome challenges, and gain the skills to launch and scale your business with confidence. Join us on this transformative journey and turn your dreams into reality.</p>
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 7-12 weeks. Virtual or In-Person. • Each week features a module focuses on a specific aspect of business development • Interactive sessions blending theory and practical exercises • Expert guidance and insights from industry professionals • Opportunities for networking and collaboration with fellow entrepreneurs 	
<p align="center">INTERSECTIONALITY AND ADVOCACY WORKSHOP</p>	<p>Become a catalyst for positive impact. Through a comprehensive curriculum, you'll delve into the significance of intersectionality, understand systemic injustices, and develop advocacy and activism skills. Engage in community and political advocacy, build diverse alliances, and harness the power of art and media for social change. By the end of the program, you'll create a personalized action plan to continue your journey as a change-maker. Together, let's create a more inclusive and equitable world.</p>
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 7-12 weeks. Virtual or In-Person • Each module focuses on a specific aspect of intersectionality and advocacy • Interactive sessions, discussions, and workshops • Opportunities for collaboration and networking with like-minded individuals • Personalized action plan creation for ongoing advocacy and activism 	
<p align="center">CULTURAL HERITAGE AND IDENTITY CELEBRATION</p>	<p>Celebrate the richness and diversity of cultural heritage with our Cultural Heritage and Identity Celebration program. Immerse yourself in a curated curriculum that showcases traditions, fosters creativity, and promotes cultural pride. From storytelling and traditional arts workshops to music, dance, and culinary experiences, discover the beauty of different cultures. Engage in panel discussions, collaborate on art projects, and explore community engagement through cultural heritage. Join us in embracing the power of cultural identity and celebrating the vibrant tapestry of our world.</p>
<p>Program Structure:</p> <ul style="list-style-type: none"> • Duration: 4-week workshop series • Weekly sessions (in-person or virtual) • Group discussions and interactive activities • Reflection exercises and journaling prompts • Ongoing support and resources for participants 	

BENEFITS

Participating in programs and workshops designed specifically for women of color can bring numerous benefits and positive outcomes. Here are some potential benefits based on common understanding:

1. Empowerment and Personal Growth:

Programs and workshops provide a supportive and inclusive space for women of color to explore their identities, strengths, and aspirations. By engaging in activities tailored to their needs and experiences, participants can gain a sense of empowerment, boost self-confidence, and foster personal growth.

2. Skill Development: Workshops and programs often offer opportunities to develop and enhance various skills, such as leadership, communication, financial literacy, self-care, advocacy, and cultural awareness. These skills can contribute to personal and professional success.

3. Networking and Community Building:

Participating in these programs allows women of color to connect with like-minded individuals, build supportive networks, and create lasting connections. This sense of community can provide a valuable support system and facilitate collaboration and mentorship opportunities.

4. Cultural Pride and Representation: Programs and workshops that celebrate cultural heritage and promote diversity allow women of color to embrace their unique identities, foster cultural pride, and challenge stereotypes. This can lead to increased self-acceptance, resilience, and a stronger sense of belonging.

5. Career Advancement and Opportunities: Programs focusing on career development, mentorship, and entrepreneurship equip women of color with the knowledge, skills, and networks necessary to navigate and succeed in professional environments. They can provide guidance on educational pathways, employment opportunities, and strategies for advancement.

6. Mental and Emotional Well-being: Programs that prioritize mental wellness, self-care, and healing can contribute to improved emotional well-being, stress reduction, and resilience. By addressing mental health challenges specific to women of color, these programs promote overall well-being and self-compassion.





FOR BLACK GIRLS
REPRESENTATION. COMMUNITY. ADVOCACY.

HOW TO BOOK OUR SERVICES



To book the services of "For Black Girls Inc.", please follow the steps below:

- 1. Contact us:** Reach out to our team via email to express your interest in booking our services. You can find our contact information on our website or social media platforms.
- 2. Provide details:** Let us know the specifics of your event or program. This includes the number of participants, the preferred date and time, and any other relevant details.
- 3. Discuss pricing:** Our pricing is flexible and dependent on various factors such as the number of participants, time of year, and whether you are a partner or sponsor. We believe in making our programs accessible to all, so we are open to negotiating pricing that suits your budget.
- 4. Customize your program:** We offer a range of services tailored to meet the needs of our clients. Work with our team to customize the program or event to align with your goals and objectives.
- 5. Confirm the booking:** Once all the details have been finalized, we will provide you with a formal agreement or contract outlining the terms and conditions of the booking. Review the document carefully, sign it, and return it to us to secure your booking.

We look forward to working with you and creating a meaningful experience for your participants. If you have any further questions or need assistance, please don't hesitate to contact us.



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