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| October 2017 |
| “Fearless Sistahood Program” |

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| **Monday** | **Wednesday** |
| **16** | **18** |
| **Introduction**  **Theme: Attitude**  **Workshop: Journals - Scrapbooking**  **Basic Self Defence** | **Introduction**  **Theme: Attitude**  **Workshop: Journals – Scrapbooking – personalize journals**  **Basics Self Defence** |
| **23** | **25** |
| **Theme: Responsibility & choices**  **Health Topic: Nutrition / Diabetes – Dietitian Eunice Asare**  **Martial Arts: Self-Defence – ongoing**  **Reflective Segment: Journaling** | **Theme: Responsibility & Choices**  **Health: Nutrition/Diabetes – Dietitian Eunice Asare**  **Martial Arts: Self-Defence ongoing**  **Reflective Segment: Journaling** |
| **30** | **31** |
| **Theme: Determination & Goals**  **Health Topic: Anti-Bullying (Resilience)**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** | **Theme: Determination & Goals**  **Health Topic: Anti- Bullying (Resilience)**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** |
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| November & December 2017 |
| “Fearless Sistahood Program” |

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| **Monday** | **Wednesday** |
| 6 | 8 |
| **Theme: Communication**  **Health Topic:**  **Martial Arts: Self-Defence ongoing**  **Reflective segment: Journaling** | **Theme: Communication**  **Health Topic:**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** |
| 13 | 15 |
| **Theme: Courage & Confidence**  **Health Topic: Drug and Alcohol**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** | **Theme: Courage & Confidence**  **Health Topic: Drug and Alcohol**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** |
| 20 | 22 |
| **Theme: Self-Image & Happiness**  **Health Topic: Sexual Health**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** | **Theme: Self-Image & Happiness**  **Health Topic: Sexual Health**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** |
| 27 | 29 |
| **Theme: Adversity**  **Health Topic: “ The House Model” – Cecilia Brownhill RA**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** | **Theme: Adversity**  **Health Topic: “The House Model” Cecilia Brownhill RA (TBC)**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** |
| 4 | 6 |
| **Theme: Preparation & Success**  **Health Topic: Health is Wealth**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling** | **Theme: Preparation & Success**  **Health Topic: Health is Wealth**  **Martial Arts: Self-Defence ongoing**  **Reflective segment – Journaling**  **DINNER/CERTIFICATE & BELT PRESENTATION (both classes)** |