

You are invited to take part in Project S.E.L.F.!

Who: MHS Community Problem Solvers

What: Project S.E.L.F.(Supporting Enhanced Lifestyles for Females) is dedicated to helping girls build their self esteem and improve themselves. The Community Problem Solvers at MHS are having interactive seminars for middle school girls in 6th, 7th, and 8th grade.

When: All sessions are held from 10am to Noon

Nourish YourS.E.L.F **JANUARY 10**

Stand Up/Defend YourS.E.L.F **JANUARY 24**

Love/Confidence in YourS.E.L.F **FEBRUARY 7**

Prove YourS.E.L.F **FEBRUARY 21**

Support YourS.E.L.F **MARCH 7**

Free YourS.E.L.F **MARCH 28**

"Graduation" Party **APRIL 3**

IMPORTANT: This is a LOCK-IN, therefore, it is on a Friday evening instead of Saturday morning.

Where: Midlothian High School

Feel free to contact the Problem Solvers if you have any questions on our e-mail: midlothiancmps@yahoo.com