



# MENTOR /



BLACK AND BROWN GIRL  
MENTORING MOVEMENT

## Girls of Color THRIVE

St. Peterburg, Florida



Join the transformative 2024 PowerUP Summit: Girls of Color THRIVE hosted by MENTOR—a day dedicated to empowering Black and brown women and teens through personal, professional, and holistic well-being activities and workshops. All attendees will receive a “Wellness Tool Kit,” a BBG Swag Bag and leave with skills and knowledge to make a positive impact in their communities and further the Black and brown Girl Mentoring Movement!

### **Educational Workshops and Small Discussions:**

Engaging workshops cover a range of topics, including mental health, self-care, career development, financial literacy, and personal growth.

**Wellness and Self-Care Activities:** Participants can engage in wellness activities such as yoga, meditation, and mindfulness practices to enhance their physical and mental health.

**Youth Empowerment Workshops:** Specifically tailored sessions to empower and support BIPOC teenagers, addressing issues they face in their personal and academic lives.

**Networking Opportunities:** Attendees have the chance to connect with mentors, peers, and professionals, fostering valuable relationships and opportunities.

**Community Building:** The summit promotes a sense of belonging and solidarity among BIPOC women and teens, encouraging mutual support and collaboration.

**When: March 2, 2024** - Registration begins at 8:30 AM to 9:15 AM - Programming begins at 9:30 AM to 4:30 PM

**Where:** Eckerd College, Lewis House - [4200 54th Ave S, Saint Petersburg, FL 33711](https://www.eckerd.edu/4200-54th-ave-s-saint-petersburg-fl-33711)

**Cost:** Free to Black and brown women and teens (12-18) with registration form

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*The 1-Day PowerUP Summit is part of a national mentoring movement with a dedicated one-day immersive experience that aims to leave attendees inspired, informed, and equipped with the knowledge and tools they need to promote the mentoring movement for Black and brown girls.*