

JR Heartworks

A group of high school girls were so inspired by our work to continue the kindness experienced after September 11, 2001, that they started a

JR. HEARTWORKS GROUP

OPEN TO ALL GIRLS IN GRADES 9 - 12

We have regular monthly meetings to offer kindness to those living with illness and grief and to provide opportunities for self growth & awareness through practicing mindfulness & living in gratitude.

Any questions please contact:
Meg Cook at meganzcook@gmail.com
Or Beth Lebel mklebel@yahoo.com

UPCOMING JR. HEARTWORKS MEETINGS

*Meeting times are Sunday Evenings
7:00-8:30 pm unless noted*

Sept. 30

Oct. 28

Nov. 18

* Nov. 30 & Dec. 1
Gingerbread House Event

Jan. 27

Feb. 24

Mar.24

Apr.28

May19

*Suggested Support: \$10.00 per meeting
(Goes to the families we are helping)*