

# 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](mailto:meganzcook@gmail.com)  
Or Beth Lebel [mklebel@yahoo.com](mailto: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

May 19

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