Identity: Self-Care, Self-Awareness, Knowing Self

- Tues March 16/Christ the King: Connecting as Girls on the Run Team
- Thurs March 18/Zoom: Choosing to be a Girls on the Run Team
- Tues March 23/Christ the King: Star Power
- Thurs March 25/Zoom: Your Star
- Tues March 30/Christ the King: Self-Talk
- Tues April 6/Christ the King: BeYOUtiful
- Thurs April 8/ZOOM: Expressing our Emotions

Connectedness: Selecting Healthy Relationships

- Tues April 13/Christ the King: Choosing Friends
- Thurs April 15/Zoom: Resolving Conflict
- Tues April 20/Christ the King: Standing up for Others

Empowerment: Celebrating and Sharing Our Strengths

- Thurs April 22/Zoom: Compromise (Brainstorming Community Impact Project)
- Tues April 27/Christ the King: Practice 5k
- Thurs April 29/Zoom: Our Strengths (Planning Community Impact Project)
- Tues May 4/Christ the King: Using our Star Power (Implementing the Community Impact Project)
- Thurs May 6/Zoom: GOTR Toolbox + Final Celebration