Girls on the Run Spring 2022
Holy Rosary Team (Monroe)

In-Person Tuesdays and Thursdays Afterschool- 4:30

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- NO GOTR MARCH 24th NO SCHOOL
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022
St. Peter

In-Person Tuesdays and Thursdays Afterschool- 4:30

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

- Tues Feb 22: Becoming a Girls on the Run Team
- Thurs Feb 24: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 1: Star Power
- Thurs March 3: Self-Talk Matters
- Tues March 15: Finding Balance
- Thurs March 17: Exploring Emotions
- Tues March 22: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 24: Empathy
- Tues March 29: Holy Rosary: Choosing Friends
- Thurs March 31: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 5: How We Help
- Thurs April 7: Compromise (Brainstorming Community Impact Project)
- NO GOTR SPRING BREAK APRIL 12th and 14th
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022
MyPlace

In-Person Tuesdays and Thursdays Afterschool- 4:30

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- NO GOTR NO SCHOOL
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022
Janesville

In-Person Tuesdays and Thursdays Afterschool- 4:30

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- Thurs March 24: Exploring Emotions
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022
CTK

In-Person Tuesdays and Thursdays Afterschool- 4:30

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- NO GOTR MARCH 24 NO SCHOOL
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022
Spring Lake Park Warming House
In-Person Tuesdays and Thursdays Afterschool- 4:30

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- NO GOTR MARCH 24 NO SCHOOL
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022
Bethlehem

In-Person Tuesdays and Thursdays Afterschool- 4:45

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- NO GOTR MARCH 24 NO SCHOOL
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration
Identity: Self-Care, Self-Awareness, Knowing Self

- Mon Feb 21: Becoming a Girls on the Run Team
- Fri Feb 25: Choosing to be a Girls on the Run Team
- Mon Feb 28: Star Power
- Fri March 4: Self-Talk Matters
- NO GOTR MSU SPRING BREAK MARCH 8 and 11th
- Mon March 14: Finding Balance
- Fri March 18: Exploring Emotions
- Mon March 21: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Friday March 25 NO GOTR NO SCHOOL
- Mon March 28: Empathy
- Fri April 1st: Choosing Friends
- Mon April 4: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Fri April 8th: How We Help
- Mon April 12: Compromise (Brainstorming Community Impact Project)
- Friday April 15: NO GOTR NO SCHOOL
- Mon April 19: Practice 5K
- Fri April 22: Our Strengths (Planning Community Impact Project)
- Mon April 25: Using our Star Power (Implementing the Community Impact Project)
- Fri April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022- Eagle Lake

Monday and Friday: After School until 4:30pm

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

- Mon Feb 21: Becoming a Girls on the Run Team
- Fri Feb 25: Choosing to be a Girls on the Run Team
- Mon Feb 28: Star Power
- Fri March 4: Self-Talk Matters
- NO GOTR MSU SPRING BREAK MARCH 8 and 11th
- Mon March 14: Finding Balance
- Fri March 18: Exploring Emotions
- Mon March 21: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Friday March 25 NO GOTR NO SCHOOL
- Mon March 28: Empathy
- Fri April 1st: Choosing Friends
- Mon April 4: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Fri April 8th: How We Help
- Mon April 12: Compromise (Brainstorming Community Impact Project)
- Friday April 15: NO GOTR NO SCHOOL
- Mon April 19: Practice 5K
- Fri April 22: Our Strengths (Planning Community Impact Project)
- Mon April 25: Using our Star Power (Implementing the Community Impact Project)
- Fri April 29: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022-Hosanna
Monday and Thursday: After School until 4:30pm

Identity: Self-Care, Self-Awareness, Knowing Self
- Thurs Feb 24: Becoming a Girls on the Run Team
- Mon Feb 28: Choosing to be a Girls on the Run Team
- Thurs March 3: Star Power
- NO GOTR MSU SPRING BREAK MARCH 7 and 10
- Mon March 14: Self-Talk Matters
- Thurs March 17: Finding Balance
- Mon March 21: Exploring Emotions
- NO GOTR NO SCHOOL MARCH 24
- Mon March 28: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships
- Thurs March 31: Empathy
- Mon April 4: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths
- Mon April 11: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Mon April 18: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Mon April 25: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 28: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022-Warming House Spring Lake Park

Tuesday and Friday: After School until 4:30pm

Identity: Self-Care, Self-Awareness, Knowing Self
- Fri Feb 25: Becoming a Girls on the Run Team
- Tues March 1: Choosing to be a Girls on the Run Team
- Fri March 4: Star Power
- **NO GOTR MSU SPRING BREAK MARCH 8 and 11**
- Tues March 15: Self-Talk Matters
- Fri March 18: Finding Balance
- Tues March 22: Exploring Emotions
- **NO GOTR NO SCHOOL MARCH 25**
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships
- Fri April 1: Empathy
- Tues April 5: Choosing Friends
- Fri April 8: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths
- Tues April 12: How We Help
- **NO SCHOOL NO GOTR APRIL 15**
- Tues April 19: Compromise (Brainstorming Community Impact Project)
- Fri April 22: Practice 5K
- Tue April 26: Our Strengths (Planning Community Impact Project)
- Fri April 29: Using our Star Power (Implementing the Community Impact Project)
- Tues May 3: GOTR Toolbox + Final Celebration
Girls on the Run Spring 2022-St.Clair

Tuesday and Friday: After School until 4:30pm

Identity: Self-Care, Self-Awareness, Knowing Self
- Tues Feb 22: Becoming a Girls on the Run Team
- Fri Feb 25: Choosing to be a Girls on the Run Team
- Tues March 1: Star Power
- NO GOTR MSU SPRING BREAK MARCH 8 and 11
- Fri March 4: Self-Talk Matters
- Tues March 15: Finding Balance
- Fri March 18: No School No GOTR
- Tues March 22: Exploring Emotions
- NO GOTR NO SCHOOL MARCH 25
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships
- Fri April 1: Empathy
- Tues April 5 NO GOTR Early Release
- Fri April 8: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths
- Tues April 12: How We Help
- NO SCHOOL NO GOTR APRIL 15 and 19th
- Fri April 22: Compromise (Brainstorming Community Impact Project)
- Tues April 26: Practice 5K
- Fri April 29: Our Strengths (Planning Community Impact Project)
- Tues May 3 Using our Star Power (Implementing the Community Impact Project)
- Fri May 6: GOTR Toolbox + Final Celebration
Identity: Self-Care, Self-Awareness, Knowing Self

- Thurs Feb 24: Becoming a Girls on the Run Team
- Mon Feb 28: Choosing to be a Girls on the Run Team
- Thurs March 3: Star Power
- NO GOTR MSU SPRING BREAK MARCH 7 and 10
- Mon March 14: Self-Talk Matters
- Thurs March 17: Finding Balance
- Mon March 21: Exploring Emotions
- NO GOTR NO SCHOOL MARCH 24
- Mon March 28: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Mon April 4: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Mon April 11: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Mon April 18: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Mon April 25: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 28: GOTR Toolbox + Final Celebration