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Local nonprofit shines in Jacksonville and Atlanta

Jacksonville, FL- Empowerment Resources, Inc., a local nonprofit organization teamed up with Atlanta's nonprofit youth organization, Chosen Heirs Inc. for the Laws of Life Essay contest. Empowerment Resources' *Journey Into Womanhood* program was invited to participate in this essay competition, where four of the girls from the program placed in the top seven. *Journey Into Womanhood* participant Nikki Young placed first in the essay contest, where she received prizes that included a savings bond and a gift card for a little shopping. Nikki's essay was on the topic of self-discipline. In her essay she wrote about her summer experience at the University of Florida where she took part in a summer health care program. Nikki writes, "I learned what self-discipline is during the 3 weeks that I was at UF. I had many things that tried to get in my way while in the program at UF. The self-discipline that I learned will be an aid for me with my success in the future."

The laws of life essay contest, was created by Sir John Tempton, to help young people reflect and write down the values that will help them live a productive and successful life. Other winners from *Journey Into Womanhood* include, Charla Hamilton, Erica Mitchell and Kaila White.

Empowerment Resources' mission is to make children and families stronger and to empower them to be successful leaders in the community today for a better tomorrow. The organization was founded in 2003. The intent of the *Journey Into Womanhood* program is to facilitate all that is healthy in the voyage into womanhood. The program provides empowerment tools for girls to have a choice of what their life will entail for their futures.

The *Journey Into Womanhood* program is for girls ages 12-17 years of age. The program consists of 12 topics that range from academics, health and nutrition, social/interpersonal skill and development, and community involvement and appreciation. Curriculum for the program is presented through a series of workshops which are co-facilitated by community organizations and leaders. The program also consists of cultural field trips (museums, plays, parks, and college campuses) creative writing and community service projects. Applications are currently being accepted for the next semester of the *Journey Into Womanhood* which is set to start in January 2005.

While in Atlanta, the girls had the opportunity to visit the historic King Center, university and college campuses, and participate in *Make A Difference Day; Atlanta*.

The organization also offers a math workshop called *Math Power!* The *Math Power program* is a workshop designed to enhance skills and confidence in math. This program is for males and females grades K-8th. Math Power is guaranteed to show results and improvements. The next session will start January 8th, 2005. For more information on these programs please call (904)268-8287.