

C.H.E.E.R.S. for Girls

Empowerment & Strength



C.H.E.E.R.S.
COMMUNITY, HEALTH, EQUITY
EMPOWERMENT, RESOURCES AND SERVICE



Build Strong Minds & Voices

Through **interactive activities and meaningful discussions**, girls build **confidence, leadership, and life skills**. They learn to **speak up, manage stress, and build healthy relationships**, becoming powerful **advocates for menstrual equity, self-worth, and their dreams**.



Empowered Inside and Out

We combine **mental health, physical wellness, and safety education** to help girls grow strong in every way. **Women-led workouts and R.A.D. self-defense training** build confidence, strength, and practical safety skills; because we believe in **C.H.E.E.R.S. for safety and self-empowerment**.

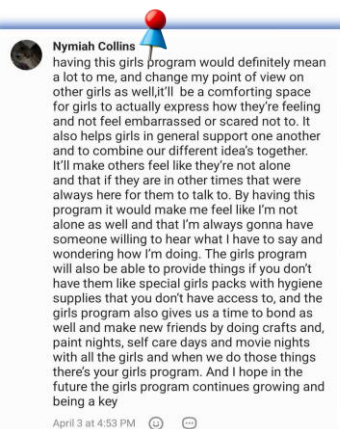


Healthy Body, Healthy Habits

Promoting **positive body image and self-care**, our program encourages girls to embrace their uniqueness through **nutrition, cultural cooking, and mentorship**. They learn to nurture both **mind and body**, developing lifelong habits of **confidence, balance, and wellness**.



If We All Do a Little the Results Will be a Lot!



Contact Us



Echo Louissaint-Collins



Worcester, MA



508-963-2919



www.508cheers.org



echo@508cheers.org

Feeding *Hope.* Building Leaders



C.H.E.E.R.S.
COMMUNITY, HEALTH, EQUITY
EMPOWERMENT, RESOURCES AND SERVICE



Youth Empowerment Mentorship Program

We empower youth through **education, service, and advocacy**, addressing **food insecurity and inequity** while cultivating the **next generation of leaders**.

- Food Insecurity Sports Clinics
- Community Service, Advocacy & Equity
- Cultural Cooking Program
- Health & Wellness & Future Readiness
- Girls Mentorship Program
- Teen Trauma Tuesdays & Wellness Wednesdays



Leadership & Growth Opportunities

Youth explore **career pathways, financial literacy, and leadership**, connecting with **community, city, and state leaders** to shape their future with confidence and purpose.



Community Impact

Together, our youth, volunteers, and community partners:

- Serve over **100 meals monthly** to families and individuals experiencing food insecurity.
- Lead **youth-driven service projects** across Worcester addressing hunger, equity, and wellness.
- Teach youth to **harness the power of their stories and personal experiences** to advocate at **City & School Meeting and the State House**, using their voices to help **shape and influence public policy**.
- Create **safe, inclusive spaces** for young women to **learn, advocate, and grow**.
- Assemble and distribute **menstrual hygiene kits** for schools, shelters, and women in need.



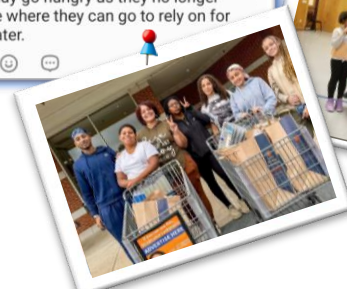
**When We GIVE
We GROW!**



Randy V

what the cheer program means to me is a place that has become almost like a second home to me. A spot where you can make connections, receive new opportunities, meeting a bunch of incredible people and making new friends along the way who all have the same common goal of restoring our community and helping people in need. without cheer kids who are struggling with food insecurity may go hungry as they no longer have a place where they can go to rely on for food and water.

May 9, 2024



Contact Us



Echo Louissaint-Collins



Worcester, MA



508-963-2919



www.508cheers.org



echo@508cheers.org