



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

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

Empowerment & Strength



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!



Nymiah Collins
having this girls program would definitely mean a lot to me, and change my point of view on other girls as well,it'll be a comforting space for girls to actually express how they're feeling and not feel embarrassed or scared not to. It also helps girls in general support one another and to combine our different idea's together. It'll make others feel like they're not alone and that if they are in other times that were always here for them to talk to. By having this program it would make me feel like I'm not alone as well and that I'm always gonna have someone willing to hear what I have to say and wondering how I'm doing. The girls program will also be able to provide things if you don't have them like special girls packs with hygiene supplies that you don't have access to, and the girls program also gives us a time to bond as well and make new friends by doing crafts and, paint nights, self care days and movie nights with all the girls and when we do those things there's your girls program. And I hope in the future the girls program continues growing and being a key

April 3 at 4:53 PM



Contact Us



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Feeding *Hope*, Building Leaders



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.



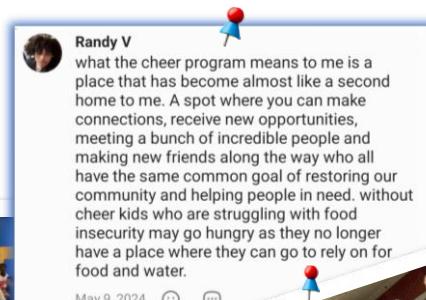
Community Impact

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!**



Contact Us



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