



The Young Women's Empowerment Academy is more than an after-school program. We are a village committed to helping girls grow into joyful, confident, emotionally healthy, academically successful, and empowered young women.

We believe that placing your daughter in this program is an opportunity to expand the loving village surrounding her. We take that responsibility seriously, and we ask every family to do the same.

Please carefully review the following information before completing an application.

FREQUENTLY ASKED QUESTIONS

Who is eligible to apply?

The Young Women's Empowerment Academy serves girls in third through 12th grade. Submitting an application does not guarantee acceptance. Families will receive additional information about enrollment and next steps after applications are reviewed.

When does the Academy meet?

Regular Academy programming takes place every **Tuesday and Thursday**.

- Doors open at 4:30 p.m.
- Pick-up is promptly at 7:30 p.m.

Families are responsible for making reliable arrangements to ensure their Empowered Girl arrives on time and is picked up promptly.

We also participate in community service one Saturday each month. Families will receive advance notice about the date, time, location, transportation arrangements, and any items their daughter may need.

Does my daughter have to attend both Tuesdays and Thursdays?

Yes. Consistent attendance on both days is imperative because each day serves a different purpose.



Tuesday is Curriculum Day. Empowered Girls participate in the Empowered Girl Curriculum, which is designed to strengthen confidence, character, leadership, life skills, emotional wellness, and personal development.

Thursday is Major Day. Each Empowered Girl selects a major that allows her to explore a particular career, skill, interest, or area of study. Some majors are held at our primary program location, while others may take place off-site with community partners.

Because Curriculum Day and Major Day work together, families should not apply unless they can commit to regular attendance on both Tuesdays and Thursdays.

Are there additional events?

Yes. Throughout the year, Empowered Girls may be invited to attend college tours, cultural experiences, special programs, field trips, celebrations, community events, and other group activities.

Unless families are specifically told otherwise, these additional events are encouraged but not mandatory. Complete details will be shared with families before each event.

Will my daughter be paid to attend?

No. There is no compensation or stipend for participating in the Young Women's Empowerment Academy.

This is a free community program. Families are not charged tuition for their daughters to participate.

Are families expected to help with fundraising?

Yes. Because the Academy is provided at no cost to families, parents and guardians are expected to support reasonable fundraising efforts throughout the program year. Fundraising helps us provide programming, instructors, meals, supplies, transportation, special experiences, community service opportunities, and other resources for our Empowered Girls.



Families may be asked to:

- Share fundraising campaigns
- Help sell approved fundraising items
- Invite others to support the Academy
- Participate in family fundraising activities
- Help secure donations, sponsors, or community partners
- Volunteer during an approved fundraising event

We understand that every family's financial situation is different. Supporting fundraising does not mean that every parent must personally make a large donation. It means that every family should be willing to participate, share information, volunteer when possible, and help us sustain this free program.

What are the behavior expectations?

Every participant is expected to help us protect a culture of joy, peace, safety, sisterhood, and mutual respect.

Empowered Girls are expected to:

- Treat other girls, staff members, instructors, volunteers, and community partners with respect
- Follow program rules and staff instructions
- Respect all program locations and property
- Participate in activities with a positive and cooperative attitude
- Avoid bullying, fighting, threats, harassment, and intentionally disruptive behavior
- Respect differences in backgrounds, personalities, experiences, and beliefs
- Help create a safe environment where every girl can learn and grow

We understand that young people have difficult days and may need support. Our goal is to guide, redirect, and restore—not to expect perfection. However, repeated behavior that threatens the safety, peace, or well-being of the group may result in a parent conference, behavioral support plan, temporary suspension, or removal from the program.

Parents and guardians are also expected to communicate respectfully with staff members, volunteers, community partners, and other families.



Why are report cards required?

Parents and guardians are responsible for uploading their daughter's report card when requested.

Report cards help our team:

- Understand each girl's academic progress
- Celebrate improvements and accomplishments
- Identify subjects in which additional support may be needed
- Connect girls with tutoring or other educational resources
- Track the Academy's overall educational impact

Report cards are used to support our Empowered Girls—not to embarrass, shame, or punish them.

Does the Academy take pictures and videos?

Yes. Photography and video are standard parts of the Young Women's Empowerment Academy.

We use photographs and videos to:

- Celebrate our Empowered Girls
- Share program activities and accomplishments
- Promote the Academy
- Educate the community about our work
- Raise funding necessary to keep the program free
- Document the impact of the Academy

Photographs and videos may appear on our website, social-media pages, printed materials, presentations, fundraising campaigns, reports, advertisements, or other approved Project Mona's House communications.



If an Empowered Girl is in foster care, protective custody, or has a documented safety or legal restriction concerning photography, video, or public identification, the parent, guardian, or authorized caseworker must notify us in writing before she begins the program. Our team will work with the appropriate adult to protect the child's privacy and safety. Any required media permissions and restrictions must be completed as part of the enrollment process.

Does the Academy support mental health?

Yes. We prioritize joy, peace, emotional wellness, and mental health. Our Empowered Girls may participate in age-appropriate mental-health education, wellness activities, therapeutic groups, and opportunities to meet individually with qualified mental-health professionals.

We want girls to understand that taking care of their mental health is normal, healthy, and important. Asking for help is a sign of strength—not something to be ashamed of.

Parents and guardians will be informed about applicable consent requirements. Participation in clinical or ongoing therapeutic services may require additional written permission and will be handled according to professional, legal, and confidentiality requirements.

What are parents and guardians responsible for?

Parents and guardians are expected to:

- Maintain current telephone numbers, email addresses, emergency contacts, and authorized pick-up information
- Read program messages and respond when necessary
- Ensure regular attendance every Tuesday and Thursday
- Notify staff when their daughter will be absent
- Arrange prompt pick-up at 7:30 p.m.
- Upload report cards when requested
- Complete all required permission forms and releases
- Inform staff about allergies, medical needs, medications, accommodations, safety concerns, custody restrictions, or other important information



- Participate in parent meetings when requested
- Support reasonable fundraising and volunteer efforts
- Communicate respectfully with Academy staff and community partners
- Reinforce the Academy's expectations at home

What can families expect from us?

Families can expect the Young Women's Empowerment Academy to:

- Treat every girl with dignity and respect
- Prioritize physical and emotional safety
- Create opportunities for joy, friendship, leadership, and growth
- Communicate important information with families
- Provide meaningful curriculum and major experiences
- Celebrate each girl's gifts, progress, and accomplishments
- Connect girls and families with supportive resources when possible
- Protect confidential information appropriately
- Address concerns with fairness, care, and professionalism
- Remain committed to being a positive part of each girl's village