

ULA FRIENDS

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- Cathy Busch -\$
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YORK'S HELPING HAND FOR THE HOMELESS

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York, PA 17401
Phone: 717-846-9275
Fax: 717-843-1381
E-mail: sandie_walker@inbox.com

-\$- Monetary Sponsorship

Y.O.R.K & Friends

present

THE

**URBAN
LEADERSHIP
ACADEMY FOR
GIRLS**

STRONG MIND

STRONG SOUL

STRONG BODY



J U N E 1 4 - 1 9

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WHAT IS ULA FOR GIRLS?

FAQ's

Q: What is ULA?

A: Y.O.R.K.'s Urban Leadership Academy is a 6 day youth developmental academy that provides minority girls with critical leadership, life, and social skills necessary to deal with daily challenges.

Q: Is ULA just for girls in York City?

A: No, ULA is open to minority girls in York County between 14 and 16 years old.

Q: If ULA is open to minority girls in York County, why is it called the "Urban Leadership Academy"?

A: At times when people say "urban" the first thing that comes to mind is the "city". Here at ULA, we like to think of urban as being modern, "up to date", trendy, fashion forward....you get the point! ULA pushes transformational leadership, meaning we not only teach you leadership, but you become young leaders...in other words you'll be an intellectual fashion forward leader that is wayyyy ahead of the game :-)!

ULA Overview Schedule

Monday - Wednesday from 9-12: Interactive Sessions, which will include the following educational focus:

June 14 at Barley Snyder, LLC Conference Room: Monday: "Who You Calling A.....?" (Self-Empowerment Workshop that will focus on esteem and healthy relationships)

June 15 at Barley Snyder, LLC Conference Room: Tuesday: "Money, Power, Respect" (Money Management Workshop)

June 16 at Stock and Leader Conference Room: Wednesday: "I Believe I Can Fly. Do You?" (Health and Wellness Seminar geared towards striving towards mental, spiritual, and physical balance) followed by Speed Networking Event with York County Minority Female Professionals

Daily Afternoon Monday-Wednesday

12-1: Lunch

1-3: Service to Society projects with York's Helping Hands

Thursday-Saturday: Overnight Experience

Thursday : Baltimore, Maryland & Washington DC

Chat Session with Ms. Danielle Torain and Velvet Johnson

Danielle Torain: Director of Program Planning and Evaluation for the Center for Urban Families and 2010 Juris Doctorate can-

didate at the University Of Maryland School Of Law.

Velvet Johnson, Esq: Counsel for the Senate Federal Financial Management Subcommittee

Sponsored Lunch with Lamont Jones: President of the Richmond Construction Group, LLC

Afternoon: Black Wax Museum followed by Fun at the Harbor!

Friday June 18: Richmond, Virginia
University of Richmond
Leadership Workshop with Dr. Teresa Williams: Associate Dean of the Jepson School of Leadership Studies

Lunch at the Historic Croaker Spot Restaurant

College Tour of University of Richmond

College Tour of Virginia Union University

An evening in Richmond with the Rho Rho Chapter of Delta Sigma Theta Sorority, Inc.!

Saturday, June 19: Time to head back to York, PA!

**YOUTH OBTAINING
RESPECT & KNOWLEDGE**

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