## **I MATTER**

**Strong Voices, Strong Girls** 

Sunday, February 16, 2025 | 12:00 - 4:00 pm Nationwide Children's in Columbus, OH



\*Free\* community conference on healthy relationships and wellness for girls (grades 6-12) and the women who support them.



## I Matter, allows girls to...



Learn about emotional regulation, boundary-setting, and self-defense



Gain the tools and strategies to navigate relationships, on social media + in-person



Get inspired, connect to resources, and strengthen your mother/daughter relationship













