



6th Grade Girls Circle

We are excited to once again bring 6th Grade Girls Circle to Indianola Middle School. Girls Circle is sponsored by Chrysalis Foundation (Des Moines) and WeLift Job Search Center (Indianola).

The mission of Chrysalis is to invest in the safety, security, education and economic empowerment of girls and women in our community.

The purpose of this program is to encourage the development of strength, courage, confidence, honesty, and communication skills for girls.

The small group will begin meeting after school on Tuesday October 18th, 2022 from 3:30-4:45pm in the Cafeteria at the middle school. We will meet every Tuesday that school is in session otherwise advance notice will be given.

A sign up form is located in the office that will need a parent's signature to be enrolled into the program. Activities will include field trips, snacks, arts and crafts, service projects, community engagement, and guest speakers.

The parents will be informed of the different topics and receive a tentative calendar of the events for the year. Some of the age appropriate discussions will cover group guidelines, building healthy relationships, how to have respectful and hard conversations, managing peer pressure, emotions and stressful events, and the importance of self care.

Sign up for this after school program will begin Monday, September 19th - October 13th. Please don't hesitate to reach out with any questions you may have.

Kristy Ellis - Middle School Principal

Mike O'Meara - Middle School Assistance Principle

Sue Wilson - WeLift Executive Director 1-515-962-5017 WeliftDirector2006@gmail.com