

7 Years of GLOW



Our dedicated directors and staff are excited to launch our seventh annual summer GLOW (**Girls Leading Our World**) program, empowering Columbiana County girls in grades 5-12. This free pregnancy prevention program fosters self-esteem, self-resilience, and self-expression, encouraging girls to invest in their personal development and goals. We believe that self-aware, confident, and articulate girls make safer and healthier choices. GLOW emphasizes friendship, respect, acceptance, and mentorship. Participants will learn decision-making strategies for their lives and futures, fostering body and mind positivity. Through journaling, discussion, and creative arts, GLOW provides a supportive space for girls to explore important topics, share ideas, and apply lessons to their own experiences. Registration for our Columbiana and East Liverpool programs is now open on our website and donations are requested for lunch and snacks.

GLOW programming is funded by the Columbiana County Department of Job & Family Services



We excited to share that we were awarded a grant from **Ohio State University** Extension to provide a garden and nutrition program we're calling **Earthly Delights** to our food pantry recipients. On food distribution days at the Columbiana location, the 4th Thursday of the month, pantry recipients can participate in one of two 30-minute sessions facilitated by our OSU and other community partners. Sessions will include how to read the seed packet instructions, planting, maintaining a garden, harvesting, how to integrate vegetables into your diet and why, and enjoying our harvest. Participants will receive a **\$10 gift certificate** to our thrift stores if they attend three of the five sessions. We're excited to get more people into The Way Station garden and are hopeful that we'll inspire some new gardeners! We encourage you to stop into the garden and see what participants are growing in their raised garden bed, it's the first bed just inside the gate.