



# Los Alamos Public Schools

P.O. Box 90  
2075 Trinity Drive  
Los Alamos, New Mexico 87544

PRESS RELEASE

For Immediate Release

## 2018 Girls Discovery Workshop

Girls in grades 6-9 are invited to participate in a day of empowerment and inspiration on Saturday, Oct. 20, 9:00 a.m.-2:00 p.m. at UNM-LA.

This free workshop will include interactive sessions on topics such as self-defense, healthy relationships, non-traditional sports, how to get involved in your community, mapping your journey and so much more. Music and movement, a photo booth and spoken word poetry will round out the day.

Breakfast, lunch and snacks will be provided, along with giveaways and the chance to win prizes.

A lively group discussion about resilience during last year's Leadership Los Alamos Youth Session sparked the inspiration for this event. Participants were asked to brainstorm action items and seek out other people in the group who share their interests.

"I am passionate about supporting young women," shared LLA class member Naomi Maestas. "We face so many challenges today. We want to equip girls with the skills and inspiration to reach their potential."

"I remember how much I enjoyed and benefited from the Women's Conference I used to attend in Austin, Texas," added organizer Lisa Zuhn. "It would be great to create a similar opportunity for girls in our community."

From this simple interchange, a commitment to organize a conference for girls was made. The original steering committee includes local business owners, non-profit professionals, athletes, educators, youth mentors and community members. This year's inaugural event is sponsored by Los Alamos Public Schools, University of New Mexico-Los Alamos, Family Strengths Network, Juvenile Justice Advisory Board, Zia Credit Union, and Sam and Shay Kendricks.

To make this workshop a success, the steering committee welcomes donations and sponsorship to support our local youth. Checks can be payable to the event's fiscal agent, Family Strengths Network (FSN) with a notation on the memo line for "2018 Girls Discovery Workshop." Checks may be mailed to 3540 Orange Street, Los Alamos, NM 87544. All funds donated will be used directly for expenses related to the workshop. If you would like to sponsor a specific item (such as lunch or giveaways) please contact the co-organizers below.

Contact Kristine Coblentz at 505-663-2263, [k.coblentz@laschools.net](mailto:k.coblentz@laschools.net) or Lisa Zuhn at 505-819-8402, [lisazuhnmc@gmail.com](mailto:lisazuhnmc@gmail.com). Registration is available online at <http://losalamos.unm.edu/girls-discovery->



[workshop.html](#). Deadline to register is Thursday, Oct. 18.

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For more information, please contact:

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