

# SiHLE

## Sisters, Informing, Healing, Living, and Empowering (SiHLE)

SiHLE is an empowering, social skills training intervention aimed at African-American young females aged 12-18 years old. The sessions are gender specific and culturally relevant and include practicing behavioral skills such as assertive communication, group discussions, lectures, and role-playing. The SiHLE program was designed to address the disparities within our African American population. The SiHLE program addresses sexual health issues and prevention skills for our young ladies to practice when faced with issues of adversity.

**Serving Middle Schools and High Schools in the Cedar Valley Area**



# Sign-up Today

## Snacks, Prizes, and FUN!

**Please contact your School Counselor for more information or  
if you have any questions, please call (319) 493-8375**

**Sponsored by:**

- \* Iowa Department of Human Services CAPP Grant
- \* Cedar Valley United Way
- \* Community Foundation of Northeast Iowa
- \* Guernsey Foundation
- \* R.J. McElroy Trust

