

Jan 6th 11am-2:30pm

Register Today!



Self-Care Summit 2024

A Transformative once a year event brought to you by SWAG & YWCA Spokane. This event centers a self-care celebration around young women of color.

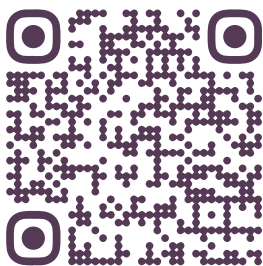
- **When:** Saturday, Jan 6th, 2024, 11:00am - 2:30pm
- **Where:** HIVE, 2904 E Sprague Ave, Spokane, WA 99202
- **Cost:** No fee to attend, all costs are covered by a local sponsor

For Youth 11-17yrs old

- A self-care celebration for 50 young people.
- Regardless of their gender, any young person 11-17 years old is welcome to sign up as long as they are comfortable in a space that centers the experience of individuals who identify as young women of color.
- This event includes special workshops and speakers talking about self-care and ways to celebrate yourself, mental health and movement, and healthy relationships.
- Brunch and a hot cocoa bar provided.
- Walk away with a self-care goodie bag at the end of the day.

Register:

Scan the QR code to register online.



Questions?

Go to ywcaspokane.org/summit
Or, contact Lizbeth Reyes
509-370-9024
lizbethr@ywcaspokane.org

KEYNOTE SPEAKER



JAIME STACY
FOUNDER OF SWAG

WORKSHOP FACILITATORS



KAMEISHA WILLIAMS



LIZBETH REYES



STEPHAIRE COURTNEY

This celebration would not be possible without the sponsorship support of James Sheehan and other caring supporters and volunteers.

Provided to you by:



eliminating racism
empowering women
ywca
SPOKANE