

MY JOURNEY ★★ ★ JOURNAL



TRUE COLORS

OCTOBER 30, 2021
10 AM - 2 PM PST



I CAN!

Do. Be. Have.
ANYTHING

GIRLS CONFERENCE



WOMEN'S JOURNEY FOUNDATION.ORG

WELCOME TO THE 2021 I CAN! GIRLS CONFERENCE

ABOUT THIS YEAR'S I CAN! GIRLS CONFERENCE

The WJF girls virtual conference identifies girls 10-18 so they can experience a boost of self-confidence and connection with other girls and positive role models. Girls receive inspiration and tools/tips for self-development. This year's theme is True Colors-Diversity, Inclusion and Individuality.

ABOUT THE WOMEN'S JOURNEY FOUNDATION

The Women's Journey Foundation creates unique heart centered experiences that celebrate femininity and self-expression.

OUR MISSION:

We strengthen confidence and resilience in women and girls.

OUR VISION:

An equitable world where women and girls are celebrated, embrace their value and realize their purpose and potential.

VALUES WE EMBRACE:

Equality is essential for every person to live a peaceful fulfilling life.
Safe spaces to share our stories of value to move us forward.

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HOW TO USE YOUR JOURNEY JOURNAL

Our Youth Ambassador Council created this journal for our 15th annual I CAN! Girls Conference. We hope you find it informative and helpful. We left space in it for you to express your creativity and individuality.

Print any of the pages you'd like to use to follow along with the conference. You can print them in black-and-white or in color. Use these pages to write, doodle, brainstorm, sketch, color, inspire, and journal with in the future.

I CAN!

TIMES ARE NOT EXACT AND ARE SUBJECT TO CHANGE

AGENDA

- 9:50AM PST-DOORS OPEN-DJ PRESIDENT
- 10:00- WELCOME-EMCEE DARBY WALKER
- 10:30- GET LIT POETRY PERFORMANCE
- 10:45- WORKSHOPS
- 11:35- LUNCH & OPEN MIC
- 12:05- DJ & DANCE
- 12:20- YOUTH COUNCIL SHARES FUTURE OPPORTUNITIES
- 12:25- COLORFUL CAREERS PANEL
- 1:15- UPLIFT YOGA SESSION
- 1:35- SMALL GROUP BREAKOUTS
- 2:00- CLOSING

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instagram: @wjfyouth



I CAN!

MY JOURNEY JOURNAL TABLE OF CONTENTS

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- 23Appreciation



EMPOWERMENT WORD SEARCH

Find and circle the words below. Once you've discovered them all, you can draw pictures of, or write about, your favorites ones in the extra space on this page.



L E A D E R S H I P C T U W N
P C Y G R A T I T U D E F I K
Z I T C R E A T I V I T Y S T
B S T R E N G T H V F O C D T
S R Y K S S O Y P Y U G K O L
E E I S P W E L L N E S S M Y
L P U L I N S P I R A T I O N
F V N Q L E F M Q O E T Z S M
C O I C H I P K N O W L E G E
A I Q X M A A X P S I D G W T
R E U Y B T S N G M A M D D L
E Z E Y F I M X C G R O W T H
D I V E R S I T Y E W C Z A M
S E L F A W A R E N E S S T E
K F N I L F W B Z R T T P T E

SELFAWARENESS
GRATITUDE
GROWTH
UNIQUE
INSPIRATION

STRENGTH
DIVERSITY
WISDOM
BRILLIANCE
WELLNESS

SELFCARE
CREATIVITY
LEADERSHIP
KNOWLEDGE

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CHOOSE ONE! WHICH DO YOU PREFER?

- DEEP SEA OR OUTER SPACE
- THE BEACH BOYS OR THE BEATLES
- HOGWARTS OR MIDDLE EARTH
- SALTY OR SWEET
- YOGA OR RUNNING
- COFFEE OR TEA
- CAT OR DOG
- DAY OR NIGHT
- PANCAKES OR WAFFLES
- RAIN OR SNOW
- TRAIN OR PLANE
- SKI, SNOWBOARD, OR SURF
- MOVIE OR BOOK
- BIG CITY OR SMALL TOWN
- HAMBURGERS OR HOT DOGS
- FRIENDS OR SEINFELD
- STEVE URKEL OR KIMMY GIBLER
- CHOCOLATE OR VANILLA
- WATER OR MILK
- BREAKFAST OR DINNER
- COMEDY OR DRAMA
- HOT OR COLD

THIS OR THAT



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INSPIRATIONAL QUOTES

"DON'T JUDGE EACH DAY BY THE HARVEST YOU REAP BUT BY THE SEEDS THAT YOU PLANT." -ROBERT LOUIS STEVENSON

"YOU DO NOT JUST WAKE UP AND BECOME THE BUTTERFLY—GROWTH IS A PROCESS" -RUPI KAUR

"NOTHING IS IMPOSSIBLE, THE WORD ITSELF SAYS 'I'M POSSIBLE!'" -AUDREY HEPBURN

"I MAY NOT KNOW WHAT TO DO, BUT SOMETHING IN ME DOES..." -JIM TURRELL

"WHEN YOU GET TIRED, LEARN TO REST, NOT QUIT" - BANKSY

"THE ONLY PERSON YOU ARE DESTINED TO BECOME IS THE PERSON YOU DECIDE TO BE" -RALPH WALDO EMERSON

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I CAN!

25 QUESTIONS TO SHARE OR WRITE ABOUT YOU

1. Name something amazing you did today?
2. Write a sweet love note to yourself.
3. What are positive words that come to mind when you think about yourself?
4. Say something nice about your least favorite part of your body.
5. What are you afraid of?
6. Find an inspirational quote that makes you feel good.
7. How are you? Really?
8. List (insert number) reasons you deserve to be loved.
9. What are some things you are thankful for right now?
10. What makes you confident?
11. Who is your role model? Why?
12. What is it about yourself do you compare to others?
13. List reasons why you are enough.
14. What does the word CONFIDENCE mean to you?
15. What is your fav mood boosting song?
16. What is one thing you could do right now that your future self would thank you for?
17. What are your top five goals for life?
18. Name something that others do to make you feel loved.
19. What are your best personality traits?
20. Of the people in your life, who makes you feel the most confident?
21. How do you know when you have succeeded at something?
22. What makes you feel strong?
23. How do you think other people see you?
24. What is the last time you did something outside of your comfort zone?
How did it make you feel afterwards?
25. What are your greatest strengths?



HOW-TO'S & TIPS

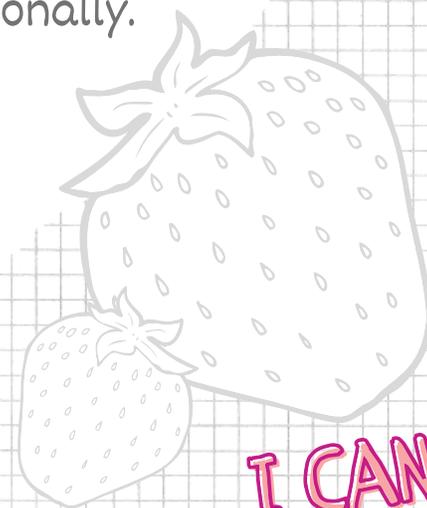
COPING WITH STRESS

- Take a step back from the task you're working on and re-evaluate.
- Listen to uplifting and calming music to ease your mind.
- Write, draw, or journal away your stresses.
- Do a short breathing exercise.
- Think of something nice you can treat yourself to after accomplishing a goal.

BUILDING CONFIDENCE

- Write out and say positive affirmations daily.
- Do regular self-care activities whenever possible.
- Write a letter of appreciation to yourself.
- Challenge yourself to try new things everyday.
- Surround yourself with people who love and support you for who you are unconditionally.
- Do the things that make YOU happy .

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ACKNOWLEDGEMENTS

2021 WORKSHOPS AND PRESENTERS

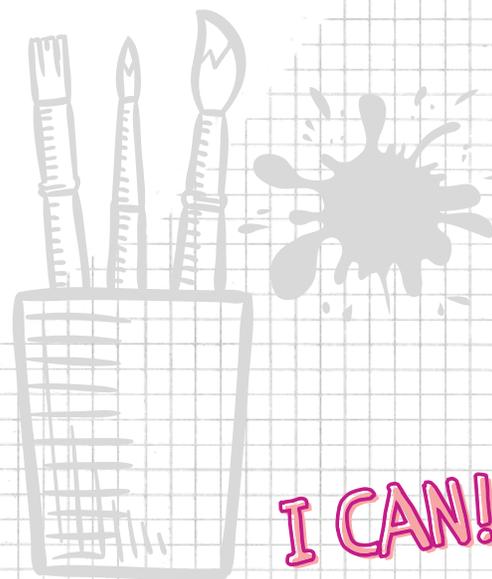
- #1 Colors of Your Life-Mandala Art- Caran Fahy
- #2 Your Personal Color & Style Harmony- Alise Shatoff
- #3 Being Unapologetically Yourself- Aman Batra
- #4 Express with Success- Karen Lindsay
- #5 Reflections: All My Colors- Afrah Salahuddin and Pattie Mercado
- #6 Finding Your Voice- The Colors of Self-Expression- Mairead Staunton and Daisy Dressel
- #7 Shine Your Inner Light & Reflect it Out- Sherry Belul

2021 PANELISTS

- Hanna Harrell-Figure Skater
- Selena Laniel-Fire Fighter, Ninja Warrior
- Mimi Black- Girl Gamer
- Jazmin Avalos-Miss California
- Salome Agbaroji- Poet
- Rhonda Bolton- Attorney, City Council Member, Activist

SPECIAL THANKS TO

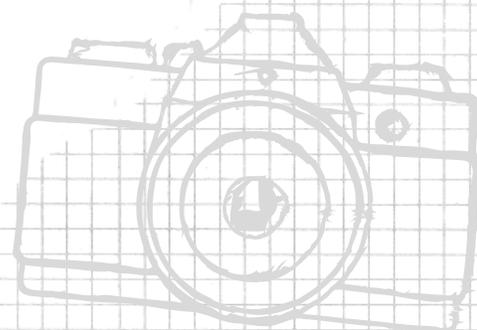
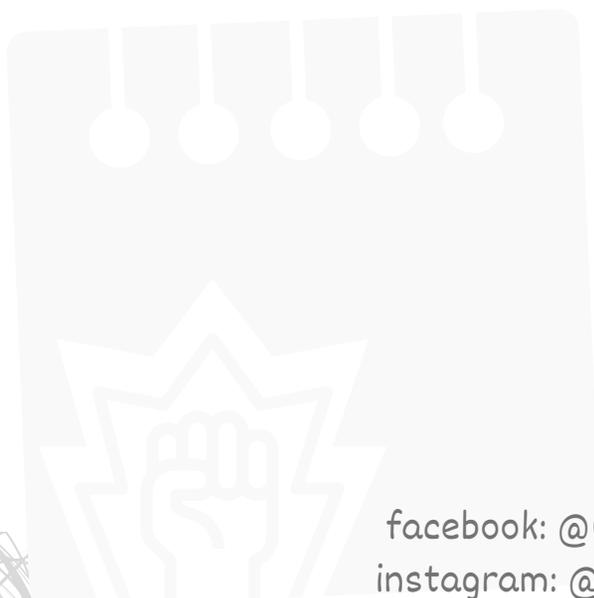
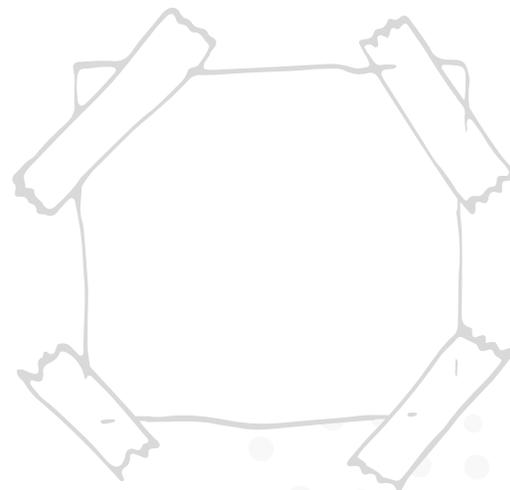
- Emcee- Darby Walker
- DJ- President
- Shannon Nemzer, LCSW
- Uplift Yoga- Adrianna Brown



REFLECTIONS

WHAT ARE MY TRUE COLORS?

One thing I learned from this conference is...



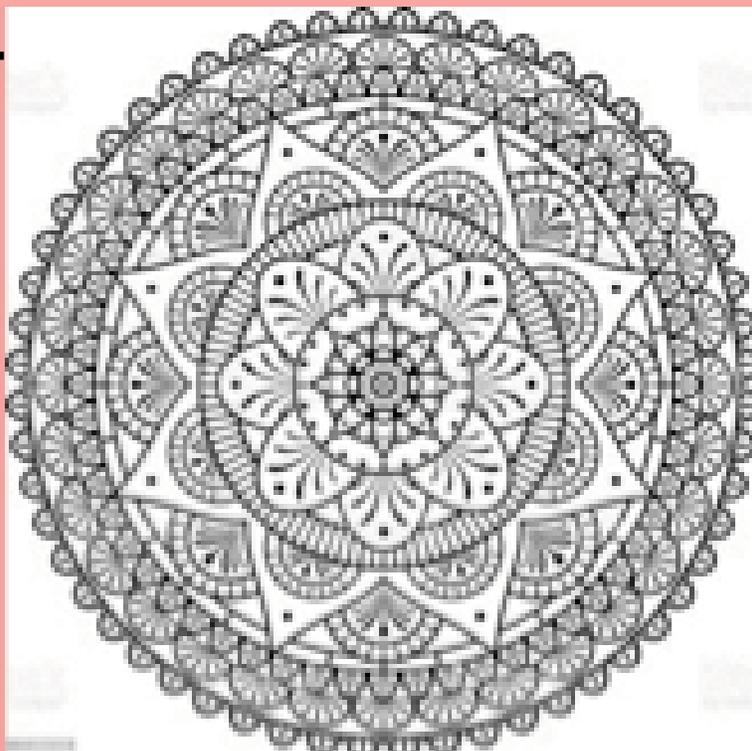
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I CAN!

WORKSHOP MATERIALS

USE THE FOLLOWING PAGES TO GO ALONG WITH EACH WORKSHOP. EVEN THOUGH YOU WILL ONLY ATTEND ONE WORKSHOP AT LIVE, YOU WILL BE GIVEN ACCESS TO ALL THE RECORDINGS AFTER THE EVENT

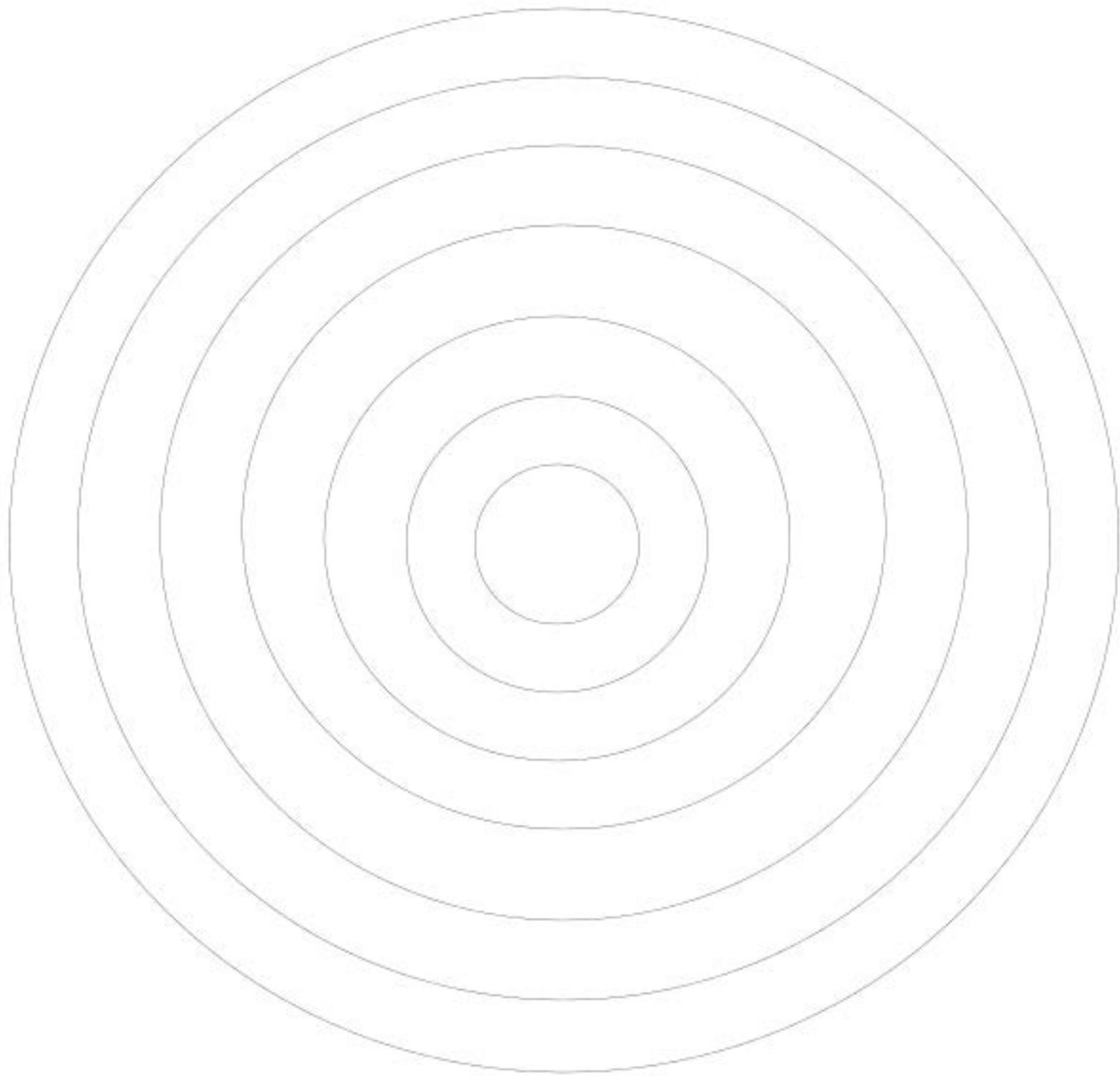
MANDALA ART



MANDALA ART

1. USING A STRAIGHT EDGE OR RULER, DRAW TWO LINES, ONE DOWN THE MIDDLE OF BULLS EYE AND ONE ACROSS LIKE A (PLUS SIGN)
2. NEXT, DRAW TWO DIAGONAL LINES (LIKE AN X)
3. IN THE CENTER CIRCLE, DRAW YOUR INITIALS IN BUBBLE LETTERS OR A FAVORITE DESIGN.
4. SECOND ROW, DRAW A SYMBOL OF YOUR HOBBIES, IE: MUSIC NOTE, ART PALETTE, GOLF, ANIMALS, ETC...
5. CONTINUE DRAWING COOL PATTERNS AND LINE DESIGNS (SEE ATTACHED IDEA SHEETS)
6. ADD YOUR FAVORITE COLORS, REPEAT COLORS TO CREATE PATTERNS
7. FREE STYLE! LET YOUR COLORS OUT! COLOR IN SOME AREAS SOLID, MAKE STRIPES, SQUIGGLES AND SHAPES

COLORS OF YOUR LIFE-
MANDALA ART



Girls Rule

Girls who Rule don't ever sell themselves short in any sort of way...

They scratch for the right answers and do whatever it takes to follow their paths.

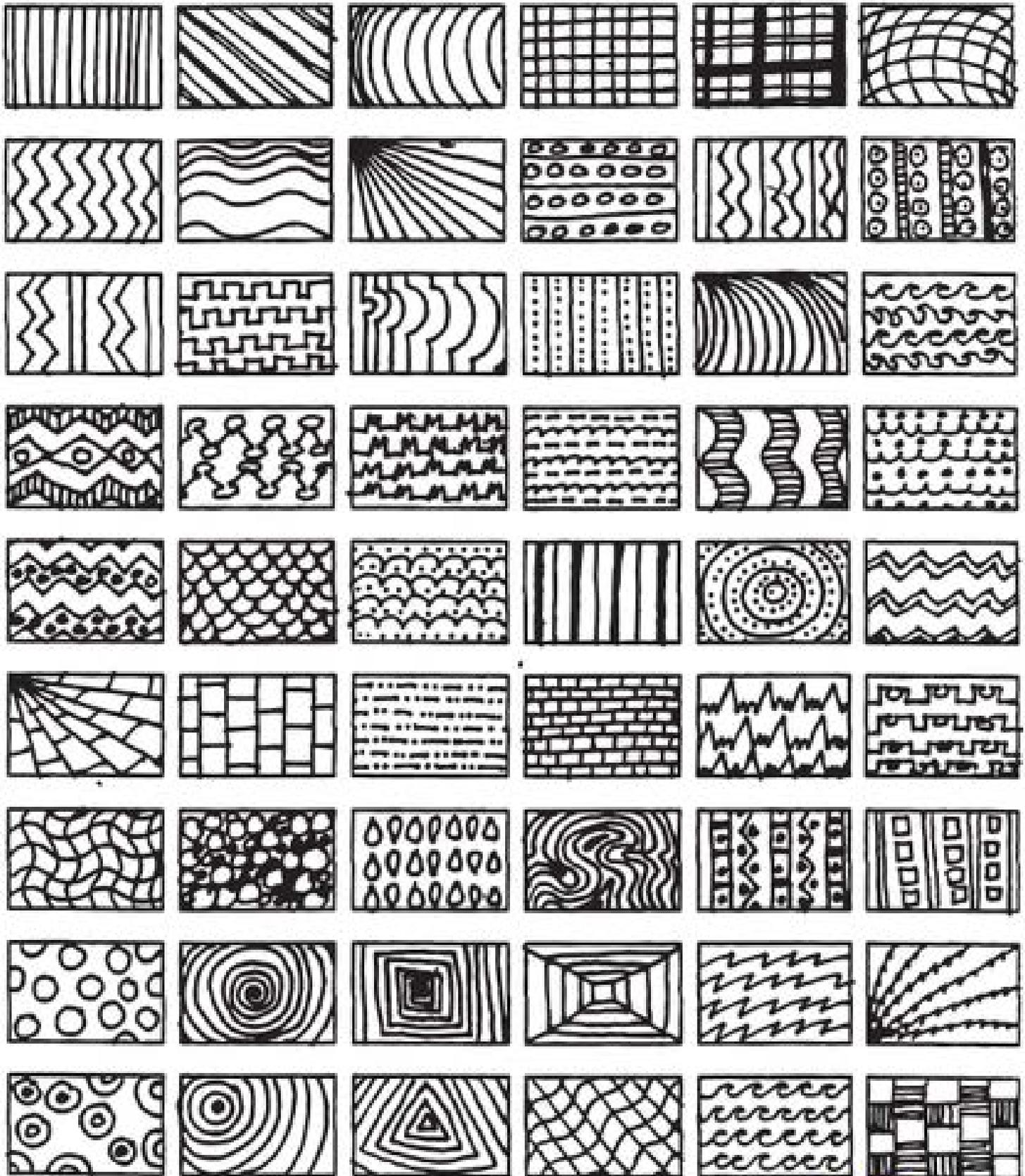
They fight for their own truths (even in those times when their hearts are breaking).

They find their own bright way, and they can get through anything.



They are amazing!

Examples of line



COLOR AND STYLE HARMONY

**GRAB A PEN OR PENCIL AND WRITE DOWN
THE ANSWERS TO THESE QUESTIONS.**

1. WHAT'S YOUR FAVORITE COLOR TO WEAR?

1. HOW DO YOU FEEL WHEN YOU'RE WEARING IT?

**2. LOOK AT THE SEASONAL COLOR WHEEL AND PICK WHICH
SEASON "SPEAKS TO YOU".**

**3. WHAT DIFFERENCES AND SIMILARITIES DO YOU SEE
BETWEEN THE COLORS OF THE SEASONS?**

4. WHICH SEASON DO YOU GUESS YOU MIGHT BE?

**5. LOOK AT THE STYLE ARCHETYPES AND PICK WHICH ONE (OR
A COMBINATION OF A FEW!)**

BEST DESCRIBES YOUR IDEAL STYLE.

**6. WHAT ARE SOME WAYS YOU COULD INCORPORATE SOME OF
THESE STYLE ELEMENTS INTO YOUR
OWN WARDROBE?**

ALISE SHATOFF
IMAGE CONSULTANT
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COLOR AND STYLE HARMONY



HOUSE of COLOUR

Style for Women

Dramatic

- Dynamic
- Sleek
- Structured
- Extreme
- Asymmetric



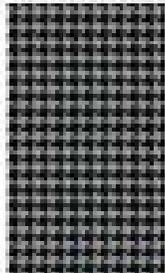





Classic

- Elegant
- Understated
- Quality
- Structured








Natural

- Relaxed
- Textured
- Layers
- Movement

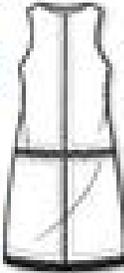







Gamine

- Androgynous
- Quirky details
- Fitted
- Fun








Ingénue

- Structured with elegant prettiness
- Delicate
- Neat
- Small








Romantic

- Curves
- Glamour
- Luxury
- Drape








COLOR AND STYLE HARMONY



YOURSELF

EXERCISES TO EXPRESS WITH SUCCESS

THE MOST EFFECTIVE WAY TO COMMUNICATE WITH OTHER PEOPLE (FRIENDS, FAMILY, TEACHERS, ETC.) IS WITH ASSERTIVE COMMUNICATION. THE GOAL OF ASSERTIVE COMMUNICATION IS TO HELP OTHERS UNDERSTAND YOU BETTER AND TO COME TO AN AGREEMENT OR COMPROMISE. HERE ARE SOME TIPS TO HELP YOU FEEL MORE CONFIDENT COMMUNICATING AN UNCOMFORTABLE OR DIFFICULT TOPIC USING ASSERTIVE COMMUNICATION.

TIP #1 - NOTICE YOUR FEELINGS

PAUSE, TAKE A DEEP BREATH, AND NOTICE HOW A SITUATION MAKES YOU FEEL. THE COLORED EMOTIONS WHEEL CAN HELP YOU WITH THIS. THERE ARE NO RIGHT OR WRONG FEELINGS. WHATEVER YOU'RE FEELING IS PERFECTLY NATURAL, AND SOMETIMES YOU MAY FEEL MORE THAN ONE EMOTION AT THE SAME TIME.

TIP #2 - IDENTIFY YOUR REQUEST

WHAT ARE YOU REQUESTING FROM THE OTHER PERSON? FOR EXAMPLE, TO SPEND MORE TIME WITH A FRIEND, TO STOP BEING CALLED A NICKNAME YOU REALLY DON'T LIKE, OR TO ASK A TEACHER TO EXPLAIN WHY YOU RECEIVED A LOWER GRADE THAN OTHER STUDENTS IN YOUR GROUP.

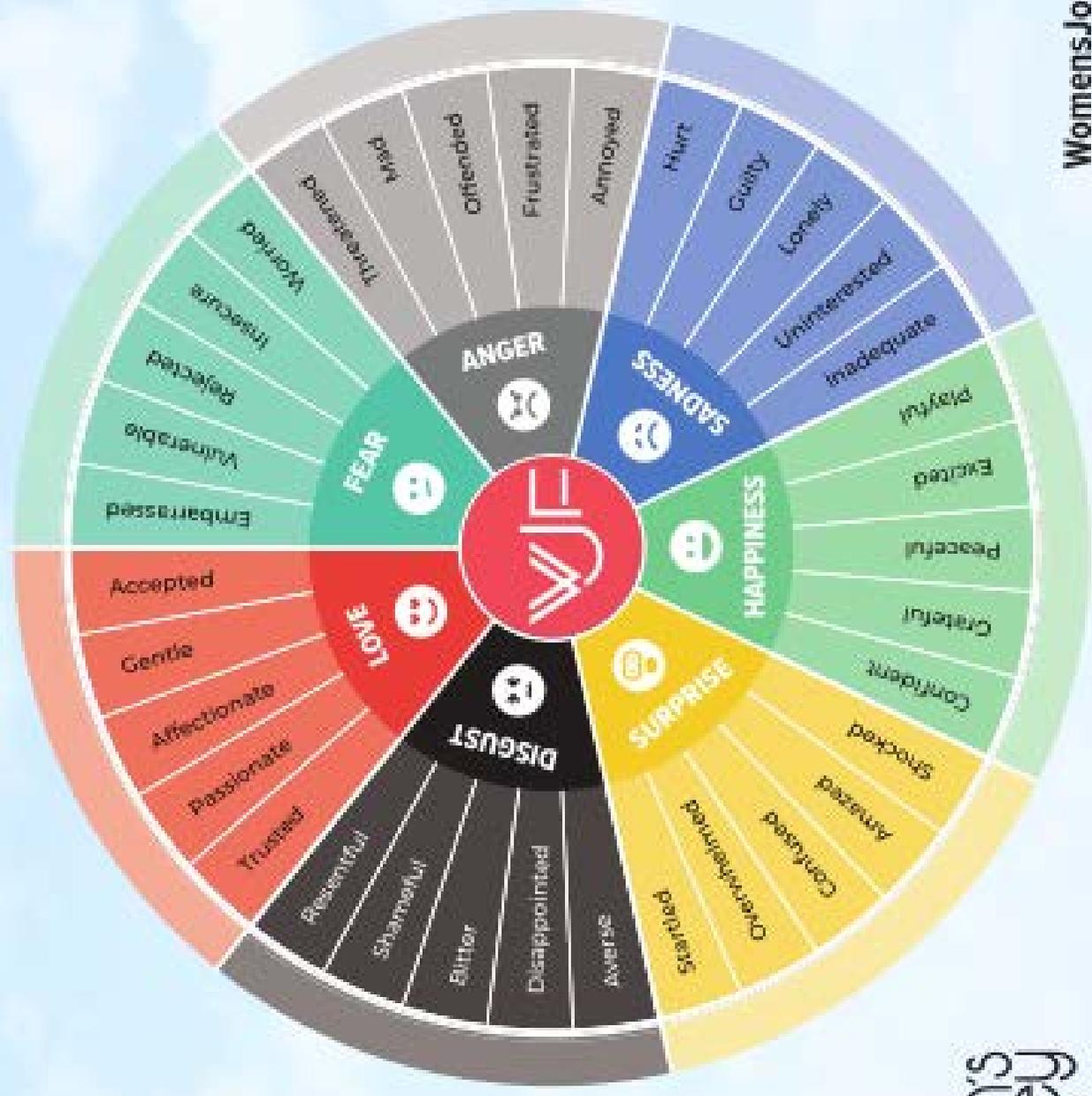
TIP #3 - START WITH "I"

BEGIN YOUR COMMUNICATION STARTING WITH "I," FOLLOWED BY HOW YOU FEEL/FELT, WHAT YOU EXPERIENCED, AND WHAT YOU'RE REQUESTING.

FOR EXAMPLE: "I FELT DISAPPOINTED AND CONFUSED (FEELINGS) WHEN I SAW MY GRADE WAS LOWER THAN EVERYONE ELSE IN MY GROUP (WHAT YOU EXPERIENCED). I WOULD LIKE TO KNOW WHAT I COULD HAVE DONE DIFFERENTLY (REQUEST)."

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EXPRESS WITH SUCCESS

PURPOSE: REFLECT ON YOUR YOUNIQUENESS!

MATERIALS: MIRROR, COLORED PENCILS/ MARKERS, BLANK SHEET OF PAPER

WORKSHOP:

- 1. TAKE A FEW MOMENTS TO LOOK AT YOUR REFLECTION IN THE MIRROR. WHAT DO YOU SEE? WHAT DO YOU FIRST NOTICE ABOUT YOURSELF? WHAT DO YOU THINK OTHERS NOTICE ABOUT YOU?**
- 2. USING THE COLORED PENCILS/ MARKERS TO DRAW A SELF-PORTRAIT (DRAWING OF YOUR FACE). LEAVE SOME SPACE ALL AROUND YOUR SELF-PORTRAIT TO WRITE A FEW THINGS.**
- 3. TAKE A FEW MOMENTS TO LOOK AT YOUR REFLECTION IN THE MIRROR AGAIN. REFLECT ON SOME THINGS THAT YOU NOTICE IN THE MIRROR. WHAT DO YOU LOVE MOST ABOUT WHAT YOU SEE?**
- 4. ON THE RIGHT-HAND SIDE OF YOUR SELF-PORTRAIT, WRITE DOWN THREE OF THE THINGS THAT YOU APPRECIATE ABOUT YOURSELF THAT YOU NOTICED IN THE MIRROR. FOR EXAMPLE, YOU COULD WRITE "I HAVE FUN, CURLY HAIR" OR "I HAVE A PRETTY SMILE."**
- 5. TAKE A FEW MOMENTS TO LOOK AT YOUR REFLECTION IN THE MIRROR AGAIN. REFLECT ON SOME THINGS THAT ARE UNIQUE ABOUT YOU THAT ARE NOT VISIBLE IN THE MIRROR.**
- 6. ON THE LEFT-HAND SIDE OF YOUR SELF-PORTRAIT, WRITE DOWN THREE THINGS THAT YOU LOVE ABOUT YOURSELF THAT YOU CAN NOT SEE IN THE MIRROR. FOR EXAMPLE, YOU CAN WRITE "I AM SMART AND DOING WELL IN SCHOOL," OR "I HAVE MANY WONDERFUL FRIENDS," OR "I AM REALLY GOOD AT PLAYING SOCCER."**
- 7. TAKE A FEW MOMENTS TO LOOK AT YOUR REFLECTION IN THE MIRROR. WHAT ARE THREE CHARACTERISTICS THAT YOU LOVE MOST ABOUT YOU THAT MAKE YOU SPECIAL?**
- 8. UNDERNEATH YOUR SELF-PORTRAIT, WRITE DOWN THREE WORDS THAT DESCRIBE YOU. FOR EXAMPLE, YOU CAN WRITE "KIND" OR "ADVENTUROUS" OR "FEARLESS".**
- 9. LOOK AT YOUR REFLECTION IN THE MIRROR AGAIN AND USE YOUR THREE WORDS TO SAY THREE AFFIRMATIONS TO YOURSELF. FOR EXAMPLE, YOU CAN SAY "I AM KIND. I AM ADVENTUROUS. I AM FEARLESS." REPEAT THIS THREE TIMES.**
- 10. REFLECT ON HOW YOU FEEL AFTER DOING THIS. YOU CAN USE THESE MIRROR AFFIRMATIONS ANY TIME!**



Shine Your Inner Light - and Reflect it Out!

Part 1: Love List Selfie: Use these prompts to write a few things you love about yourself on the next page (Top template!)

1. I love that I really care about _____. (Name something that you care deeply about or are excited about. Example: I love that I really care about my dogs, Henry and Honey, and I am a good friend to them.)
2. I love that I work hard at _____. (Name something you put effort into. It doesn't matter if you excel or "succeed" only that you try. Example: I love that I practice piano every day and don't get discouraged when it seems hard.)
3. I love that I _____ to show I care for my family or friends. (Name something you do to be kind or caring to people in your life. Example: I love that I wash the dinner dishes without being asked because I know my mom is tired and it helps her.)
4. I love how much I know about _____. (Name something you are well-educated in or know a lot about. Example: I love how much I know about world history and how I apply it to current events.)
5. I love that I care for myself by _____. (Name something you do regularly that is a healthy habit. Example: I love that I care for myself by doing yoga twice a week. It feels good physically and emotionally.)

Part 2: Love List for a Friend: Use these prompts to write things you love about your friend on the next page (Bottom template!)

1. I love _____. (Name the first thing that comes to mind about this person when you think of them. Example: I love that you always think of fun things we can do together.)
2. I love the memory of when we _____. (Name a great time you shared with this person. Something specific. Example: I love the memory of we went swimming at Starling Lake and afterward we had a picnic lunch and talked for hours.)
3. I love the _____ you gave me. (Name a gift—tangible or intangible—from this person. Example: I love the friendship necklace you gave me when we were in 5th grade. I still have it and it means so much to me!)
4. I love how much you care about _____. (Name something your friend cares about deeply. Example: I love how much you care about the environment and you always walk your talk.)
5. I love that you are _____. (Name a loving attribute about this person. Example: I love that you are kind. You always go out of your way to help people, even if you don't know them well or even like them very much.)

Presented by Sherry Richert Belul, founder of Simply Celebrate and author of Say It Now



Things I Love Best About ME!



Thank you for who you are and all that you bring to my life!

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Things I Love Best About You!



To:

From:



Thank you for who you are and all that you bring to my life!

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THE COLORS OF SELF-EXPRESSION

SOME COMPONENTS OF YOUR VOICE:

- **BREATHING-** CONTROLLING BREATH AND AIR FLOW ALTERS YOUR SOUND
 - TAKE A DEEP, LOW BREATH LIKE A BALLOON IS INFLATING BELOW YOUR BELLY BUTTON.
 - NOW HOLD OUT AN “SSS” SOUND AS LONG AS POSSIBLE.
 - EXPERIMENT WITH HOW MUCH AIR YOU RELEASE WHILE SINGING. WHO DOES YOUR SOUND CHANGE WHEN YOU RELEASE MORE AIR? LESS AIR?

- **BRIGHTNESS -** BRIGHTENING YOUR VOICE CAN AFFECT YOUR PITCH
 - PRETEND YOU ARE BITING INTO AN IMAGINARY APPLE. NOW MAKE AN “A” SOUND. THIS IS WHAT IT SOUNDS LIKE TO SING WITH A BRIGHTER SOUND.

- **CLARITY -** THROAT CONSTRICTION CAN RESULT IN A LACK OF CLARITY
 - SILENTLY LAUGH - FEEL YOUR THROAT OPEN UP AND CLEAR OUT!
 - THAT DIDN'T WORK? LET'S TRY SOMETHING ELSE! PRETEND YOU'RE SMELLING A ROSE. THE OPEN FEELING YOU MAY HAVE NOTICED WILL LET YOU SING WITH A MORE CLEAR VOICE.

- **TENSION-** TONGUE AND JAW TENSION INHIBIT SINGING ABILITY
 - PRETEND YOU'RE A FROG (THIS WILL FEEL VERY SILLY, JUST GO WITH IT!) AND STICK OUT YOUR TONGUE AS FAR AS YOU CAN TO CATCH IMAGINARY FLIES IN EVERY DIRECTION!
 - FEEL THE BACK OF YOUR TONGUE RELEASING TENSION!
 - PRACTICE RESTING THE FRONT OF YOUR TONGUE AT THE FRONT OF YOUR MOUTH. FEEL YOUR TONGUE OVER THE TOP OF YOUR BOTTOM TEETH AND TOUCHING YOUR BOTTOM LIP!

- **POWER-** SINGING WITH MORE POWER COMBINES A VARIETY OF TECHNIQUES
 - USE ALL OF THE COLORS IN HARMONY!
 - WHEN YOU ARE BELTING (SINGING POWERFULLY) FEEL LIKE YOU ARE HOLDING YOUR BREATH OR USING LESS AIR.

FOR MORE INFORMATION AND EXAMPLES CHECK OUT THE INSIDE VOICE ON YOUTUBE OR VISIT
THEINSIDEVOICE.ORG

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Emoji Paddles

YOU CAN USE THESE EMOJIS DURING THE CONFERENCE TO EXPRESS HOW YOU FEEL ABOUT THINGS BEING SAID. FEEL FREE TO CUT THEM OUT AND YOU CAN EVEN GLUE THEM TO A STICK IF YOU DIDN'T RECEIVE A BOX. IF NOT, YOU CAN JUST HOLD THEM UP DURING THE CONFERENCE.



WOMEN'S JOURNEY FOUNDATION
invites you to our
Girls Gather Circles

If you enjoyed the *ICAN! Conference...*
Keep the Connections going by joining our
next virtual Girls Gather meeting.

For Girls Ages 10 - 14

Our Next Meeting is
Thursday, November 18th
5:00 - 6:00 PM (PST)

Meetings are every third Thursday
of the month at 5:00 PM (PST).

REGISTER AT
womensjourneyfoundation.com



APPRECIATION

WE THANK OUR WJF BOARD OF DIRECTORS, WJF YOUTH AMBASSADOR COUNCIL, WJF ADVISORY COUNCIL, SPEAKERS AND WORKSHOP FACILITATORS, VOLUNTEERS, OUR DONORS, OUR TECH TEAM- KENT SPEAKMAN AND HIS TEAM AT KNEXT TV, AND IRVINE CA SCHOOL TEACHERS FOR THEIR SUPPORT OF THE WOMEN'S JOURNEY FOUNDATION 2021 I CAN! GIRLS CONFERENCE.

SPECIAL THANKS TO THE I CAN 2021 COMMITTEE:

PATTY TURRELL
JUSTINE ARIAN-EDWARDS
MONIQUE FURUIKE
MARION WHITSON
YAZMIN GUERRERO
KENT SPEAKMAN & KNEXT TV
ERICA TURRELL, MIGUEL CHICAS, LAURA SCHULTZ
PAULINA WODARZ
VERONICA KUO
CHIREE RICE
LISA ENGLAND



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