



COUNTY OF LOS ANGELES DEPARTMENT OF  
**Parks & Recreation**



LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
hope. recovery. wellbeing.



# Girls EMPOWERMENT CONFERENCE 2025

## FREE EVENT!

### FEATURES & ACTIVITIES:

The Well-Being Village is BACK! A vibrant hub where you can engage in hands-on activities. Plus, enjoy 15+ inspiring workshops:

- Dance & Movement
- Entrepreneurship
- Mindfulness & Meditation
- Career Exploration
- Live Murals
- Bracelet Making
- Girls Golf
- DJ
- Breakfast, Lunch, and Snacks
- And More!

**SATURDAY, OCTOBER 4**  
**8:30 AM - 3:30 PM**

Join LA County Parks for the Annual Girls Empowerment Conference! Girls ages 12–18 can connect, learn, and be inspired by women innovators, educators, and trailblazers. This year's theme, Be the Impact, features workshops, panels, and keynote speakers designed to help you find your voice, celebrate your strengths, and turn your dreams into a powerful force for change!

**SCAN QR CODE  
TO REGISTER OR VISIT:**

**[PARKS.LACOUNTY.GOV/GEC](https://parks.lacounty.gov/gec)**



East Los Angeles College  
1301 Avenida Cesar Chavez  
Monterey Park, CA 91754

**Hilda L. Solis**

LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Holly J. Mitchell**

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**Lindsey Horvath**

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## 免費活動!

特色與活動:

健康幸福村重磅回歸! 這是一個充滿活力的中心, 讓您參與各種親身體驗的活動。

另有 15 場以上充滿啟發性的工作坊:

- 舞蹈與律動
- 創業
- 正念與冥想
- 職涯探索
- 現場壁畫創作
- 手鍊製作
- 女孩高爾夫
- DJ
- 早餐、午餐與點心
- 以及更多精彩內容!

**10月4日 (星期六)**  
上午8:30 - 下午3:30

加入洛杉磯縣公園部的年度「女孩賦權大會」吧! 12 至 18 歲的女孩們將有機會與女性創新者、教育者及開拓者交流、學習並獲得啟發。

今年的主題「成為影響力」, 將透過工作坊、座談會及主題演講, 幫助妳找到自己的聲音、發揮優勢, 並將夢想化為推動改變的強大力量!

掃描QR碼報名  
或造訪:

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**¡EVENTO GRATUITO!**

**CARACTERÍSTICAS Y ACTIVIDADES:**

**¡VUELVE LA ALDEA DEL BIENESTAR!  
UN CENTRO VIBRANTE DONDE  
PUEDES PARTICIPAR EN ACTIVIDADES  
PRÁCTICAS. ADEMÁS, DISFRUTE DE  
MÁS DE 15 TALLERES INSPIRADORES:**

- DANZA Y MOVIMIENTO
- EMPRENDIMIENTO
- ATENCIÓN PLENA Y MEDITACIÓN
- EXPLORACIÓN PROFESIONAL
- MURALES EN VIVOS
- FABRICACIÓN DE PULSERAS
- GOLF FEMENINO
- DJ Y MÚSICA
- DESAYUNO Y ALMUERZO
- ¡Y MÁS!

**SÁBADO 4 DE OCTUBRE**  
**8:30 A. M. - 3:30 P. M.**

¡Únete con Parques y Recreación del Condado de Los Ángeles para la Girls Empowerment Conference (Conferencia Anual de Empoderamiento de Niñas)! Niñas de 12 a 18 años pueden conectar, aprender y inspirarse con mujeres innovadoras, educadoras y pioneras. El tema de este año, "Sé el Impacto", incluye talleres, paneles y oradores diseñados para ayudarte a encontrar tu voz, celebrar tus fortalezas y convertir tus sueños en una poderosa fuerza de cambio.

**ESCANEE EL CÓDIGO  
QR PARA REGISTRARSE  
O VISITE:**  
**[PARKS.LACOUNTY.GOV/GEC](https://PARKS.LACOUNTY.GOV/GEC)**



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