

GALS STARTING OVER ROAD MAP



DISCOVER GALS STARTING OVER



Free Introduction

Meet people in similar circumstances, meet the coaches, learn about the program, learn something about yourself.

Long Beach GALS STARTING OVER WORKSHOP

1st Saturday
9:00am – 12:00pm
Training
Check-in 8:45am

12:00pm–1:00pm
Coaching

2nd Saturday
9:00am – 12:00pm
Training
Check-in 8:45am

12:00pm–1:00pm
Coaching

3rd Saturday
9:00am – 12:00pm
Training
Check-in 8:45am

12:00pm–1:00pm
Coaching

Workshop is held over 3 consecutive Saturdays

ONGOING SUPPORT

MEETINGS

Evening Meeting

Guest Speakers/
Activities

Open To All

COACHING



Extra Coaching
Sessions

GSO RESOURCES

www.GalsStartingOver.org

