

# Sports Leadership Lab

## Program Overview:

The Sports Leadership Lab is a 4-month program (March - June) where LGBTQIA+ youth come together to:

- Explore leadership through sports & movement
- Build confidence and real-world leadership skills
- Learn tools for mental, physical & emotional wellness
- Connect with a supportive, affirming community
- Learn through hands-on workshops, mentorship & movement

This is a space to show up as your full self, try new things, and grow alongside other LGBTQIA+ youth.

Participants receive a stipend.

## Register Now - Limited Spots!

Program kicks off March 21<sup>st</sup>. Three sessions a month (2 in-person, 1 virtual). Scan the QR Code to register email [dcontreras@rainbowlabs.org](mailto:dcontreras@rainbowlabs.org) with questions.

