



Girls Group

“Building a Better Future, One Girl at a Time”

Program Description

Girls Group is a program to develop self-sufficiency in young women, grades 6 through 12, who have the potential to become first generation college students. Programming is designed to help the young women develop into confident, empowered, healthy, and successful individuals.

The ultimate ambition of Girls Group is to help young women define and achieve goals, which lead to self-sufficiency. Girls Group provides the necessary resources to develop personal and leadership skills, improving the chances for a better future. Our ideal is that each young woman attends college, earns a rewarding and well-paying job, finds a good partner, and helps make the world a better place. Every young woman may not reach this ideal, but we want each of them to finish high school, obtain good jobs, avoid drug use, delay pregnancy, and move forward in the world with pride and self-confidence.

The Girls Group program has ten major elements:

- 1) Weekly discussion groups;
- 2) Weekend programs exposing the young women to new opportunities;
- 3) Individual mentoring and counseling referrals;
- 4) Monthly community service;
- 5) College prep: ACT review, essay writing, college tours;
- 6) Summer camp experiences to prepare young women for college;
- 7) Homework and organization support;
- 8) Monthly Youth Council meetings;
- 9) Ongoing mentoring of college students; and
- 10) Annual college scholarship fund.

Some of the areas addressed at weekly discussion groups are as follows:

- Academic Excellence and College Planning
- Self-Awareness and Self-Esteem
- Relationships – family, friends, romantic
- Comportment – language, behavior, dress
- Sexuality, Sexual Health, and Safe Relationships
- Nutrition, Fitness, and Stress Management
- Educational and Career Goals and Economic Self-Sufficiency
- Mentoring, Community Service, and Inclusion
- Cultural Awareness and Pride
- Networking and Self-Advocacy
- Leadership, Critical Thinking, and Public Speaking

Through year-round holistic programming, young women create the positive peer pressure environment to support their goals of achievement and economic independence. Through both individual and group dynamics, Girls Group helps young women find their voices, define their goals and dreams, and establish a support network to break down emotional and societal barriers which could potentially limit their futures.

NOTE: The Wrap Around Program meets at Peace Neighborhood Center from 4:00 PM – 6:00 PM on Fridays during the school year.

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Mission Statement

Girls Group empowers middle and high school girls to achieve emotional and economic security, by graduating from high school and becoming first generation college graduates. Girls Group provides year-round programming and mentoring to develop character, leadership, self-confidence, and social consciousness, including the desire and ability to mentor others.