



Girls Incorporated of Southwestern Connecticut

Central Office
35 Park Place
Waterbury, CT 06702
Tel (203) 756-4639
Fax (203) 756-3638

Greenwich Office
P.O. Box 793
Greenwich, CT 06836
Tel (203) 536-3322

www.girlsincswct.org
info@girlsincswct.org

Imagine you are a girl growing up in today's world of challenges with no constant direction on how to manage through it all.

You have challenges at school, at home and with your peers. What things would you need to feel that your life has promise? Where would you go? What would you believe about your future?

We believe the potential for greatness knows no color, size, shape or economic status. We especially believe that success should not be limited because one is a girl. Greatness knows empowerment and support like we offer at Girls Incorporated of Southwestern Connecticut. We invite you to get involved and support our efforts to continue to make success certain for girls in an uncertain world.

Join us as we inspire all girls to be strong, smart and bold. Sign up a deserving girl for membership and/or support our efforts by making a donation, corporate gift, sponsorship or volunteering.

Learn more about Girls Inc. of SWCT by visiting our website:
www.girlsincswct.org

To support or donate:

www.causes.com/GIRLSINCSWCT

 [www.twitter.com/GIRLSINCSWCT](https://twitter.com/GIRLSINCSWCT)

 www.facebook.com/GIRLSINCSWCT

Girls' Bill of Rights

Girls have the right to be themselves and resist gender stereotypes.

Girls have the right to express themselves with originality and enthusiasm.

Girls have the right to take risks, to strive freely, and to take pride in success.

Girls have the right to accept and appreciate their bodies.

Girls have the right to have confidence in themselves and to be safe in the world.

Girls have the right to prepare for interesting work and economic independence.

Girls Inc. of Southwestern Connecticut is the place where the future of girls is clearer.

Providing girls with strategies to overcome social, intellectual, and economic challenges while being change agents of the next millennium is our focus.

Girls Incorporated of SWCT is a 501(c)3 non-profit affiliate of the national headquarters in New York, NY. To date, Girls Inc. has served over 900,000 girls ages 6-18.

Girls Inc. of SWCT is open six days a week during the school year and offers summer and afterschool programs in safe, girl only empowerment zones.

Each girl can learn, explore, create, interact with their peers and overcome old and new challenges.

Our service area spans from Greenwich, Connecticut to Greater Waterbury and includes other Fairfield County cities, Stamford, Norwalk, Weston, and Bridgeport. In Waterbury, we operate from the building that is the very first Girls Club in the United States established back in 1864.

National programs offered at Girls Inc. of SWCT are focused on Careers and College Planning, Leadership and Community Action, Economic Literacy, Substance Abuse Prevention, Self Esteem, Self Reliance and Life Skills, Health and Sexuality, Sports and Adventure. Membership in Girls Inc. of SWCT offers girls the opportunity to compete with members across the United States and Canada for scholastic awards, participate in contests such as Corporate CampSM and the yearly Girls Inc. National Scholarship. The \$15,000 scholarship recipient for 2008 is a Girls Inc. of SWCT member.

Every day at Girls Incorporated of Southwestern Connecticut brings new opportunities, challenges and sources of empowerment. We are comprised of a leadership and service team that knows that girls are amongst our most precious resources, boundaries are surmountable, and advocacy that focuses on strengthening all girls is necessary. Our supportive and engaged programming staff is focused on helping young girls grow into productive women who contribute their best selves to society and their personal environments.

Girls Inc. of SWCT is dedicated to action that assures the uncertainty and negative statistics that affect girls do not tell the future stories of the girls we serve. We react to the local need of every girl and provide the structure, support and guidance girls need to learn, have fun, realize dreams, and develop into their best selves. We strive to allow girls to discover that they can truly be and do anything. Most importantly, we enable them with the tools they need.

We at Girls Inc. of Southwestern Connecticut fully understand that much of the future of the world rests in the hands of girls. Girls are the ones that typically nurture families and they need our support to face and solve problems that could decimate the existence of an entire generation. Many of the girls we serve come from families at or just above the poverty level.

We depend on the generosity and support of individuals, donors, and the community to assist us in achieving our goals.

Girls Incorporated of Southwestern Connecticut



Anne Day



Inspiring all girls to be strong, smart & bold!SM

Girls Incorporated of Southwestern Connecticut

Our programming falls into the eight Identity Programs as described by our national Girls Incorporated organization:

Girls Inc. Operation SMART® builds girls' skills and interest in science, math and relevant technology. Hands-on activities give girls the opportunity to explore, ask questions, and solve problems. Components of Operation SMART include: Eureka!®, GirlsLinkSM, GirlsLink Get SMART, Girls Dig It, and Career Action.

Girls Inc. Discovery Leadership® partners girls and women in community action projects chosen by girls, building leadership skills and creating lasting change. This leadership development program for girls ages 9 to 11 celebrates the heritage of girls and women as leaders, and fosters girls' awareness of themselves as community resources and trustees of the common good. Other age appropriate leadership programs include: In Our Own Hands for ages 12-14 and Teen Leadership programs for girls ages 15+.

Girls Inc. Economic Literacy® introduces girls as young as six to basic financial concepts, including money management and investment. The program explores how money affects us locally and globally as it fosters development of skills needed to be financially self-sufficient. Age appropriate components include: Ages 6-8 She's on the Money®, Ages 9-11 Dollars, Sense and MeSM, Ages 12-14 Equal Earners, Savvy SpendersSM, Ages 15-18 Futures and OptionsSM.

Girls Inc. Friendly PEERsuasion® builds girls' skills for resisting pressure to use harmful substances such as alcohol, tobacco, household chemicals and other drugs. The two-part substance abuse prevention program teaches girls ages 11 to 14 healthy ways to manage stress and confront peer, media and other pressures. The girls then assume roles as *PEERsuaders* for younger girls.



Girls Inc. Project BOLD® strengthens girls' abilities to lead safer lives. Girls develop strategies for self-defense (including physical techniques), for seeking out and talking with caring adults about personal violence, and for advocating on violence issues for girls and young women.

Girls Inc. Sporting Chance® builds movement and athletic skills; cooperative and competitive spirit, health awareness, and interest in all sports as girls explore career opportunities related to sports and experience the benefits of healthy risk taking. The program lays a foundation for a lifetime of sports participation through age-appropriate programs: SteppingstonesSM, BridgesSM, and enCourageSM.

Girls Inc. Media Literacy® encourages girls to think critically about media messages and fosters their awareness of the scope and power of the media and its effects on girls and women. Girls gain media literacy skills that enhance their ability to critically examine and advocate for change in entertainment, news and advertising. Age appropriate components include: Ages 6-8 Media and MeSM, Ages 9-11 Media SmartsSM, Ages 12-14 Girls Take Another LookSM, Ages 15-18 Girls Get the Message®, Ages 15-18 Girls Make the MessageSM.

Girls Inc. Preventing Adolescent Pregnancy® helps girls identify ways and reasons to avoid early pregnancy. The program fosters girls' communication skills, provides basic health education, and encourages girls to plan for the future through four age-appropriate components: Growing TogetherSM, Will Power/Won't Power®, Taking Care of BusinessSM, and Health BridgeSM. The first two components have been translated into Spanish as Crecer Juntas and Querer/Poder Decir "no"®.



www.girlsincswct.org

To support or donate:

www.causes.com/GIRLSINCSWCT

 [www.twitter.com/GIRLSINCSWCT](https://twitter.com/GIRLSINCSWCT)

 www.facebook.com/GIRLSINCSWCT