At Girls Inc. of the Island City, we believe trusting, mentoring relationships are essential to ensuring that girls grow up healthy, educated, and independent. Our staff is trained to support, guide, and encourage girls and young women to set worthy goals for themselves and to achieve those goals.

Lilly is Inspired by her Girls Inc. Mentor

Last year, after trying several other after-school programs and not liking them, current 4th grader Lilly began attending Girls Inc. of the Island City. Right away Program Facilitator Shampale Williams recognized something special in Lilly.

Williams, an accomplished poet, taught Lilly how to write her own poems. Even more, she encouraged her to read them aloud in front of the nearly 70 girls who attend Girls Inc. daily. While helping Lilly overcome stage fright, Williams also taught her how to do other things, like play basketball. At our recent Women Who Dare Awards event, Lilly declared Williams her "shero" saying:

Support Girls Inc.

Whales & Friends - Girls Inc. of the Island City’s newest Bold Business Partner

Now through June 15, Whales and Friends will donate 20% of sales from Baggallini bags to support Girls Inc. of the Island City’s programs.

Our Bold Business partners help us carry out important work in the community by contributing directly, or by pledging a percentage of sales to Girls Inc. of the Island City. We are proud to partner with Bay Ship & Yacht Company, Alameda Natural Grocery, Blue Dot Cafe & Coffee Bar, and Tucker’s Super...
"She believes in me; she doesn't doubt me."

On behalf of Lilly and all the girls we serve, Girls Inc. of the Island City would like to thank the following strong, smart, and bold women for their efforts to inspire, guide, and support others to reach their aspirations.*

Olga Noren, Dorothy Becker, Joanne Kind, Doris S. Casper, Janet Austin, Janet Welch Eckert, Gail Stumphauzer, Mary E. Ganobicik, Paula Mach, Ellen Ulrich, Delores Giles, Dianne Cheek, Mary Kenney, E. Pauline Davis, Jan Nichols, and Peggy Kofman

*Donations were made in their honor or memory in recognition of Girls Inc. Week 2013: Mentor a Girl, Inspire her Future (May 6-10).

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Girls Inc. is the Place to be for Summer!

At Girls Inc., "Summer Camp" is synonymous with fun. Guided by a diverse staff--averaging 7 years of camp experience--this year's girls will delight in the various opportunities to unleash their creativity via multiple art mediums (drama, poetry, dance, crafts, etc.); become their own superheroes; learn about staying healthy through exercise and nutrition; experiment with science; and participate in interactive games and sports.

In a girls-only environment, campers will have 8 different "themed" weeks to engage in relevant activities and exciting excursions that will include visits to Little Hills, the Oakland Zoo, Chabot Space & Science Center, and the O.co Coliseum for an Oakland A's baseball game.

Summer Camp at Girls Inc. is a great chance for girls to learn and explore while making new friends and creating lots of awesome summertime memories!

For more information, click here.

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Save BIG on Family Summer Movie Series for $5

You can support GIIC and enjoy 9 weeks of kid-friendly movies (Tuesdays or Wednesdays, 10 a.m.) at Alameda Theatre & Cineplex. Available to all ages. Adults must be accompanied by child. Purchase your ticket series at Girls Inc. today!
Four Local Teens head to Girls Inc. Summit in Indiana

On Saturday, April 13, Girls Inc. of the Island City kicked off the Girls InCharge program with a free entrepreneurial and leadership workshop for fourteen girls from various high schools in Alameda. This program is designed to help teens gain the soft skills needed to succeed in starting their own small business or other future career choices.

From the workshop, four girls were selected to participate in an all-expenses-paid trip to Indianapolis, Indiana for a National Girls Inc. Leadership Summit. They include Jada Jadahwaquia (Encinal High), Winnie Zhou (Alameda Community Learning Center), Allison Young (St. Joseph Notre Dame), and Meriam Saluh (Alameda Science and Technology Institute).

Summit activities consist of developing a variety of skills grouped around themes such as organization, communication, teamwork and collaboration, problem-solving, and decision-making. Business leaders will share their experiences in business, the obstacles they faced, and their paths to success.

After returning from the Leadership Summit, the girls will design and facilitate two workshops exploring entrepreneurship experiences for middle school girls during the 2013-2014 school year. Upon completion of the program in May 2014, the girls will receive a stipend of $500 each as a reward for their work.

Whole Health = Mind + Body

This Spring our after-school programs focused on the...
knowledge, skills, and attitudes that are critical for girls to be in charge of their bodies and sustain a healthy, positive sense of self. Staff interwove regular physical activity; nutrition and healthy eating; effective stress management; and positive body image into designing a comprehensive "whole health" care model for the girls we serve. Badminton was played in Classroom B. Smoothies were made with fruit and spinach. Activities focused on healthy emotions and positive self-worth. Facilitators garnered valuable feedback through intentional processing activities: girls reported they felt more energized after physical exertion; they defined self-worth in terms that were not tied to physical appearance; and, more girls could describe why nutritious foods were good for their bodies and overall health than they could prior to the program.

Month

This year's "smart" girls were described as positive, caring and knowledgeable. Program Facilitators chose 1st grader Maya as a Girl of the Month for her willingness to help others and for conquering her fears to do things she's afraid to try at first. Jaden (4th grade), overcoming dyslexia since kindergarten, is "good at problem solving, science and reading." Though it's difficult for her, she works hard at math, saying "I'm not letting that stop me!"

When asked what qualities define being "strong" the girls at Girls Inc. replied: responsible, healthy, empowering, exercising, and taking chances. Third grader Olivia is not afraid to try new things and always takes chances. Anika, also in 3rd grade, is "strong" because she always
tries her best and stands up for what she likes.

Congratulations to our very own "fabulous four" Girls of the Month!