

FOR IMMEDIATE RELEASE

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Girls Incorporated of the Island City
1724 Santa Clara Ave.
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Girls Inc. Event: Dr. Steve Hinshaw
“The Triple Bind: Saving Our Teenage Girls From Today’s Pressures”

ALAMEDA – On Tuesday, February 2, 2010, at the Alameda Public Library, Dr. Steven Hinshaw, PH.D will be speaking about his most recent book, “ The Triple Bind: Saving Our Teenage Girls From Today’s Pressures,” which addresses similar issues to the Girls Inc. study and report entitled, “The Supergirl Dilemma.” Dr. Hinshaw will facilitate a dialogue and entertain a Q&A session as well as a book signing beginning at 6:00 p.m.

Dr. Hinshaw, chairman of the Psychology department at University of California Berkeley, Director of the Hinshaw Lab and professor, has focused in the fields of clinical child and adolescent psychology and developmental psychopathology. He is an internationally recognized psychologist and researcher whose work on troubled children has received ongoing media attention.

The Triple Bind is what psychologist and researcher Steven Hinshaw identify as a portrait of the stresses affecting girl’s today. Today is the best time in history to be a girl with the level of accessibility for girls to achieve “boy goals.” Girls are now also expected to excel at “girl skills,” and be models of female perfection 100 percent of the time. Hinshaw’s ground breaking book shows parents how to listen, learn and help their girls. The discussion will provide strategies and tools for parents who want to empower their daughters to deal with today’s pressures in a healthy way.

Girls Inc. on the Island invites the community to join in the discussion, Q&A and book signing.

Alameda Public Library
1550 Oak Street
Alameda, CA 94501
6:00 p.m.

<http://www.ci.alameda.ca.us/library/>

Books will be available for sale. Girls Inc. of the Island suggests a \$10.00 donation.

Girls Inc. of the Island City is the Alameda affiliate of the national organization Girls Inc. Since 1964, Girls Inc. of the Island City has provided the only program in Alameda designed specifically for girls. Girls Inc. programs “fill in the gap” on issues that parents and schools don’t always have the time or resources to cover. At Girls Inc., girls and teens are challenged to explore science, math and computers, examine how money is earned and invested, and to ask questions about and take leadership roles in the world. The organization provides more than 25,000 hours of programming each year to girls ages 6 to 18.

Girls Inc. also offers a licensed childcare service called Alameda Island Kids for both girls and boys at seven elementary schools around Alameda, including Bay Farm, Earhart, Edison, Franklin, Lum, and Otis. For more information about Girls Inc., visit www.girlsincislandcity.org.