

FOR IMMEDIATE RELEASE

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ALAMEDA –Girls Incorporated® of the Island City is hosting a free workshop, Strong & Balanced: Finding Balance and Support for Depression. The workshop is for girls in grades 6-12 on May 2nd, 4:00 p.m.-5:15 p.m.

Laura Gilbert, MFT, RAS and Youth, Family and Individual Therapist from Alameda Family Services, and Linda Grant, MA in Counseling Psychology, will provide girls with free information and resources to help them identify signs, symptoms, and help for depression. Girls will participate in peer discussion and fun activities.

The Strong & Balanced Workshop is the last workshop in an interest-based workshop series developed with input from Girls Inc. of the Island City's teen participants.

Call Teen Coordinator at 510-521-1743 ext. 208 to register today!

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Girls Inc. of the Island City is an 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. Our programs “fill in the gap” on issues that parents and schools do not always have the time or resources to cover. We provide more than 25,000 hours of programming each year to girls ages 6 to 18. At Girls Inc. of the Island City, girls and teens are challenged to explore science, math and computers, sports and health, friendships and conflict resolution, as well as to examine how money is earned and invested, and to ask questions about and take leadership roles in the world.

We also offer 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, Otis, and Paden. For more information about Alameda Island Kids, call (510) 521-1743 ext. 202 or visit our website at www.girlsincislandcity.org.

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