Don't Miss Out !

Session content is intentional: each day builds upon the next for a comprehensive, enriching experience. Participants are strongly encouraged to attend all dates within a session for maximum benefit.

Girls who participate will have an opportunity to:

- Find out about new resources for school and careers
- Learn new skills
- Network with women from the community
- Explore new interests
- Build confidence
- Practice teamwork
- Identify strengths and talents
- Make friends and have fun!

About Us

Girls Inc. of the Island City is an affiliate of the well-established national organization Girls Inc. serving the city of Alameda, CA. Girls Inc. inspires all girls to be strong, smart, and bold through programming that is hands-on, enriching, and fun for girls between the ages of 6-18.

For more information, visit www.girlsincislandcity.org.

girls inc.®

Track your Travels to Success!

Receive a stamp (see below for squares) and a certificate of completion per session.

Collect all 5 stamps for optimal benefits!

Session 1: College Readiness 9/29- 11/3

Stamp here

Session 2: Fashionista 11/10- 1/12

Stamp here

Session 3: Fearlessly Girl 1/19- 2/23

Stamp here

Session 4: Sports Zone 3/1- 4/12

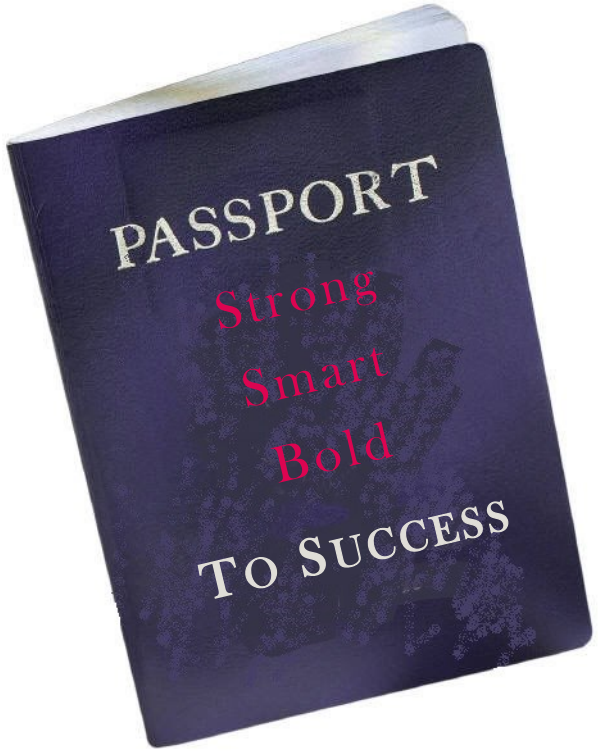
Stamp here

Session 5: Healthy Chef 4/19-5/24

Stamp here

All sessions are **FREE** and occur on
Tuesdays from 4:00-5:30 p.m.
@ Girls Inc.

Your girls inc.® Passport to Success



Is Here!

Girls Inc. of the Island City
1724 Santa Clara Ave, Alameda

Get your Passport to Success Today!

Registration is simple.

Sign up before the deadline to register for each session by contacting Teen Program Director, Kaitlin O'Donnell: 510.521.1743 ext. 208 or kodonnell@girlsincislandcity.org

All sessions are FREE and take place on Tuesdays 4:00-5:30 p.m. @ Girls Inc.

Sessions are intended for girls in grades 6-12, unless otherwise noted. For transportation inquiries, contact 510.521.1743 ext. 208

Passport Perks

Receive a stamp and a certificate of completion per session.

Be entered into prize drawings to win gift cards to Chipotle, Alameda Theatre, a Girls Inc. jacket and more!

Session 1:School Success Skills

Sept. 29 & Oct. 6, 13, 20, 27 & Nov. 3

Deadline to register 9/22

Equips girls with tools for school and college success. Includes tips for a smooth transition to High School / College life!

Participants will:

- Learn how to improve study habits, organizational skills, and time management.
- Get tips on how to write a compelling story for college essays and prepare for the college application process, including interview skills.

Session 2: Fashionista

Nov.10, 17 & Dec. 1, 8, 15 & Jan. 5, 12

Deadline to register 11/3

In this program, fashion is the intersection of art, technology and ethical design

Participants will:

- Be offered an inside look at the fashion industry, including career exposure,
- Get hands-on practice, developing skills in areas like sketching, trendspotting and jewelry making.
- Have the opportunity to share their unique creations at the Girls Inc. Ethical Fashion Show.

Session 3: Fearlessly Girl!

Jan. 19, 26 & Feb. 2, 9, 16, 23

Deadline to register 1/12

Inspires and empowers girls to become self-confident, leaders in their schools, organizations & communities.

Participants will:

- Reflect on what it takes to be a positive role model,
- Deepen their understanding of leadership as a collective process grounded in belonging to and having responsibility for one's community.
- Cultivate their own communication abilities through words, art and creative expression as they identify and address environmental and social issues in their community and beyond.

Session 4: Sports Zone

March 1, 8, 15, 22 & April 5, 12

Deadline to register 2/23

Girls build a foundation for enjoying physical activity, sports, and adventure that they will build upon throughout their lives. Highlights female athletes.

Participants will:

- Enjoy greater confidence and comradery as they engage in group games and sports
- Better understand the health benefits & interpersonal skills gained through sports/exercise.

Session 5: Healthy Chef

April 19, 26 & May 3, 10, 17, 24

Deadline to register 4/12

Ever wonder what's so great about trendy food items like kale? Healthy Chef introduces girls to delicious and healthy recipes they can take with them to college and beyond!

Participants will:

- Find out what's fad and what's fact about Kale and other great food items, while learning to prepare healthy, simple meals!
- Gain confidence though knowing that she can make health-conscious food choices.