



1724 Santa Clara Avenue ■ Alameda, CA 94501 ■ Tel: (510) 521-1743 ■ Fax: 510-521-4417 ■ Internet: <http://www.girlsincislandcity.org>

FOR IMMEDIATE RELEASE
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Contact: Kristin Butler
(510) 521-1743 or kbutler@girlsincislandcity.org

Girls Inc. to Host 2nd Annual Girls Take Charge Summit

Alameda, CA – Learning to appreciate their bodies, have healthy relationships, and be confident businesswomen are just some of the skills girls will learn at Girls Inc. of the Island City's 2nd Annual *Girls Take Charge Summit*, which will be on Saturday, Oct. 16, for high school girls and their parents.

The summit will begin with a performance by *Envisions Dance*, a dance theater company from the East Bay that combines lyrical modern/jazz dance, narration, poetry, and theatre. The troupe's inspirational piece will be about positive body image and was created around Maya Angelou's poem "Phenomenal Woman."

Girl participants at the summit will also get to participate in small, interactive workshops on topics such as how to earn and wisely spend money, how to express themselves through art, how to avoid gossip and have healthy relationships, and how become confident businesswomen.

They will also get to participate in a student-led panel discussion – *Girls Matters* – about issues important to teen girls, where they will vote on the top issue they want Girls Inc. to address in 2005. At last year's summit, girls chose the topic of rape and teen abuse, which prompted Girls Inc. to start the *Blueprint* program to combat teen dating violence. There will also be raffle prizes, goody bags, and lunch. Girls can come on their own or bring their parents, who are invited to participate in a separate series of workshops called "Letting Go."

What: Girls Inc.'s *Girls Take Charge Summit*

When: Saturday, Oct. 16, 2004

Time: Workshop Registration: 8:30 a.m. to 8:55 a.m.

Program: 9:00 a.m. to 2:30 p.m.

Where: Girls Inc. Meyers Center

1724 Santa Clara Ave., Alameda, CA

Who: Girls, ages 13-18 (non-members welcome) with or without their parents

Cost (to cover snack & lunch): \$5.00 per girl, \$10.00 per parent (group discounts available)

PRE-REGISTRATION requested by 5 p.m. Oct. 13

**To volunteer, be a sponsor, or donate raffle prizes, or to pre-register
call (510) 521-1743 or visit www.girlsincislandcity.org**