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## FOR IMMEDIATE RELEASE

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### **Girls Inc. Starts New Leadership Program**

**Alameda, CA** – We need more girl leaders! That’s why Girls Inc. of the Island City is piloting a new leadership and community service program for girls ages 12-14 - *In Our Own Hands* – January 28 through the end of May. We are looking for girls to join the group and women to volunteer as mentors.

*In Our Own Hands* is part of Girls Inc. national’s Leadership and Community curriculum, a research-based program that supports girls in developing leadership skills, connection with their community, and a sense of empowerment and responsibility for championing social change. It helps girls develop a strong voice against injustice. In a society that does not always encourage young girls to stand for what they believe in, Girls Inc. believes it is necessary for girls to find their own sense of empowerment through education and community networking.

During the first phase of the program, girls learn tangible leadership skills, expand their creative thinking and communication skills, celebrate their heritage, and investigate their rights and responsibilities through participating in innovative group activities. During the second “action” phase of the program, girls partner with female community leaders to create and lead a community project of their choice. They put their leadership skills into action while making a difference in their community, building connections with prominent women leaders who are equally committed to community activism and helping girls. **To become a member or volunteer in the program, contact Site Director Tristen Fredrickson at (510) 521-1743 or [tfredrickson@girlsincislandcity.org](mailto:tfredrickson@girlsincislandcity.org).**

Girls Incorporated 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 quality program in Alameda designed specifically for girls at our girls membership program at our Meyers Center. We also offer childcare for both girls and boys at seven elementary schools around Alameda, including Bayfarm, Earhart, Edison, Franklin, Lum, Otis, and Paden. For more information about Girls Inc., call (510) 521-1743 or visit our website at [www.girlsincislandcity.org](http://www.girlsincislandcity.org).

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The mission of Girls Incorporated of the Island City is to inspire all girls to be **strong, smart and bold<sup>(SM)</sup>** through innovative programs, activities and advocacy.