

Girls who participate will have an opportunity to:

- Find out about 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 serves the city of Alameda and is an affiliate of the well-established national organization Girls Inc. Our mission is to inspire 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

**STRONG
SMART &
BOLD**



Receive a stamp upon completing each session for a chance to win fun prizes!



Session 1: Smart Chefs



Session 2: Frida Kahlo's Art Club



Session 3: Boss Girls



Session 4: Self-Love Bugs



Session 5: Bold Scientists



Session 6 : Ethical Fashion Show

**girls
inc.**

of the Island City

*Passport
to
Success*



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

Get your Passport to Success Today!

Registration is simple :

Sign Up for each session by contacting
Director of Teen Programs
Maria Tijerino-Lew
510.521.1743 x208
Or
mtijerino@girlsincislandcity.org

All sessions are
FREE
and take place on
Tuesdays from 4:00pm-5:30pm
at Girls Inc. of the Island City

Sessions are intended for girls
in grades 6-12
unless otherwise noted.

Transportation provided from most schools.
Space is limited. Please contact Maria
for more information!

C.A.R.E Team Fridays!

Be a part of a creative group that will give back
to the community while having fun and earning
service hours for school!

Last Friday of each month from 4:00pm-5:30pm
Oct.25, Nov.22, Dec.20, Jan.31, Feb.28
Mar.27, Apr.24

Session 1: Smart Chefs

Sep.10,17,24 Oct.1,8

A chance to use your creative chef skills!
Come make your favorite yummy and healthy
foods! Learn how to chop veggies, create
your own fun fruit salad, decorate a cake and
prepare a full course meal!

Session 2: Frida Kahlo's Art Club

Oct.15,22,29 Nov.5,12,19

Explore the artist in you! Paint your own
canvas, create a unique stencil and
make your very own ceramic art piece. Learn
how to work with oil pastels and watercolor!

Session 3: Boss Girls

Dec.3,10,17 Jan.7,14

Improve your money skills! Get a head start
on how to manage and save money through
fun hands-on activities and Learn helpful tips
on how to better prepare for financial
stability.

Session 4: Self-Love Bugs

Jan.21,28 Feb.4,11,25

Create your own personal self-care routine!
Learn ways to show yourself a bit more love
daily through empowering activities like yoga,
writing, meditation, drawing
and candle making.



Session 5: Ethical Fashion Show

Mar.3,10,17,24 Apr.7,14

Learn about ways to help the
planet by campaigning for a greener
community while upcycling and creating
amazing clothes and jewelry. Whether
you design, model, or work behind the
scenes, you can be a part of our
annual fashion show!

Session 6: Bold Scientists

Apr.21,28 May 5,12,19,26

Participate in fun and exciting hands-on
activities while diving into the world of
science! Learn about marine biology,
geography, space, and more!



Passport Perks

You will Be entered into
prize drawings
upon completion of each
Passport Session!