MESSAGE FROM A PAST PARTICIPANT...

I honestly enjoyed girls council a lot more than I expected. I got along wi everyone. And it felt really nice to relate w/ what I have been through. I loved how freely you get to talk, and how open everyone was. I loved how everyone got trusted, and all open wi eachother. GC helped me wi life in general, and how to deal wi things better. I've been alot happier, and less stressed, and my grades have gone up majorly. I recommend this to every girl in need of support.

YWCA OLYMPIA
IN PARTNERSHIP WITH...

Thurston County Family and Juvenile Court
Thurston County Public Defense
Thurston County Prosecuting Attorney's Office
Community Youth Services
Girls Only Active Learning
Girls Circle

FUNDING BY...
Thurston County Treatment Sales Tax
Community Foundation of South Puget Sound

GIRLS COUNCIL
Supporting the emotional well being and empowerment of young women in Thurston County.

eliminating racism empowering women
ywca
**WHAT HAPPENS IN GIRLS COUNCIL?**

- Youth Driven mentoring and coaching from a Navigator who helps participants set goals and get connected to resources
- Positive, fun opportunities to build community with other young female identified folks
- Participation in one of YWCA’s Empowerment Groups: Girls Circle or G.O.A.L.

**GIRLS COUNCIL GOALS**

- Support healing and increased sense of hope and optimism
- Build positive community and communication skills
- Empower young women to avoid crime and recidivism
- Support healthy emotional development
- Help young women identify and attain goals related to their needs and strengths

**WHO IS GIRLS COUNCIL FOR?**

12-17 year old girls and female identified folks struggling with anxiety, depression, or substance abuse.

"There are opportunities even in the most difficult moments."

-Wangari Maathai

**WANT TO JOIN OR KNOW A YOUNG WOMAN WHO MIGHT?**

Contact Monica Gockel

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