

MESSAGE FROM A PAST PARTICIPANT...

I honestly enjoyed girls council a lot more than I expected. I got along w/ 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 w/ each other. GC helped me w/ life in general, and how to deal w/ things better. I've been a lot happier, and less stressed, and my grades have gone up majorly. I recommend ~~many~~ 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

FUNDED 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.



WANT TO JOIN OR KNOW A YOUNG WOMAN WHO MIGHT?

Contact Monica Gockel

YWCA Girls Health and Safety
Coordinator

360.352.0593

mgockel@ywcaofolympia.org