MESSAGE FROM A PAST PARTICIPANT...

I honesty enjoyed girls council alot more than I expected. I got along will everyone. And it felt really nice to relate WI what I have been through. I loved now freely you get to talk, and how open everyone was. I loved how everyone got trusted, and all open will each other. Gic helped me will like in general, and how to deal will things better. I've been alot happier, and less stressed, and my grades have gone up majorly. I recommend things 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

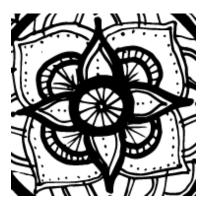
Girls Only Active Learning

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 **YVCa**

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
- YWCA's Empowerment
 Groups: Girls Circle or
 G.O.A.L..

Participation in one of



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



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