

# Mental Health Awareness Month



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**STRONG  
SMART  
BOLD**

## Addressing Mental Health

*by Diamond Moseley*

With an increase of reports of a growing gender divide in mental health, the rates of mental illness among girls and young women continue to rise. The most common mental health problems among school-age girls are anxiety, eating disorders and depression. Youth from minority communities are disproportionately likely to suffer from adverse outcomes due to unmet mental health needs and access to services.

To this end, we develop and implement tailored lesson plans and activities to address the needs of every girl we serve. In honor of Mental Health Awareness Month our girls are utilizing the Girls Inc. Mind +Body Tool-kits , #ProjectBold and #FriendlyPersuasion where they learn to lead safe, healthy lives by developing the skills of self defense, resistance to peer pressure, and stress management.



## No Beast Feast



For LA Times Food Bowl, Susan Feniger and Mary Sue Milliken will host Plant Power, the No Beast Feast. This celebration will feature all female chefs who have extraordinary culinary skills. The event will be held on May 19th at 5:30-9:30 pm on the upper plaza of Border Grill in downtown Los Angeles. Purchase tickets at: <http://www.bordergrill.com/event/plant-power-the-no-beast-feast-an-all-star-chef-celebration/>

Proceeds from the event will be donated to Girls Inc. and the James Beard Foundation Women's Leadership Programs to support the advancement of young girls. Our girls from Lifeline and Stella Middle School will have the opportunity to be paired with a chef for the day and explore the Culinary Arts.

## Champions for Girls Event at Barrett Elementary School



Girls Inc. Champions for Girls are generous individual philanthropists from across the U.S. and Canada who are dedicated to inspiring girls to be Strong, Smart, and Bold. Our girls from Barrett Elementary School had an amazing time creating vision boards with our President, Judy Vrendenburgh, Regional Director Veronica Escobedo, Danette McBride, Deputy of Education and Human Services with Supervisor Mark Ridley-Thomas' office and Dr. Mary Moggen of California State Polytechnic University, Pomona. For more information on how you can become a Champion for Girls email: [dmoseley@girlsincla.org](mailto:dmoseley@girlsincla.org)



## Uniting Young Girls & Women



Our board member, Ashley Merrill, organized a day of fun and dialogue with a circle of fearless female leaders who share our passion for female empowerment and community investment. The girls learned how to make slime and were able to share intimate moments with positive role models that encouraged them to continue to be Strong, Smart and Bold!

## I AM BEAUTIFUL

Shyria Wright, founder of Healing for Her partnered with Stella Middle School to host the "I am Beautiful Workshop" to provide clarity and insight about self-awareness and self-worth. The girls discussed the meaning and importance of self love and characteristics that make them beautiful.





## Strong! Bold! Haircut

Fifth grade superstar, Julissa Fernanda Berganza of Barrett Elementary made a courageous act of service by cutting her hair and donating it to charity in hopes of helping other girls in need.

We believe that the younger the child is when the discussion begins about giving, the more it becomes a matter of practice and habit that continues into adulthood. Our Project Bold curriculum teaches our girls to be comfortable and confident in their skin while empowering and supporting their peers.

## LMU Graduate Gives Back



Aya Diaz is a recent graduate from Loyola Marymount University, where she studied Marketing and Studio Arts, with plans to work in the fashion industry.

Throughout her time at LMU, she has been involved with many different communities including the Learning Community, the Black Student Union, The Fashion Society, and Belles Service Organization at Girls' Inc. of Greater Los Angeles.

We would like to congratulate Aya for receiving the Riordan Award for her outstanding contributions in the area of community service, exemplifying LMU's philanthropic tradition. More importantly, we would like to thank Aya for donating her award to our program. This act of kindness and selflessness is the example we aim for our girls to see.

## Meet Our Donors

We are proud to announce our Growth Grant award that will allow us to expand our programs, increase our impact and reach 1,000 more girls by 2020.

With significant support from the Dwight Stuart Youth Foundation, PWC Charitable Foundation, Ralph Parsons Foundation, William C. Bannerman Foundation and Diamond Foundry: Vrai & Oro we have been able to continue our services and impact school age girls in Los Angeles. Although, we've had outstanding success, there is still more work that needs to be done.

To learn more about how you can support Girls Inc. Los Angeles please email [dmoseley@girlsincla.org](mailto:dmoseley@girlsincla.org) for more details.

