



Girls Incorporated® of Alameda County  
2005/2006 Programs and Services

**San Leandro Site Programs**

*Please note: Girls Inc. sells healthy snacks from 3:15 - 4pm Monday thru Friday at low cost.*

❖ **Daring Individuals Valuing Adolescence (DIVAs)** explores girls' strengths, family dynamics, cultural heritage, connections with community, healthy lifestyles and choices, peer pressure, plus social and physical challenges. Health and sexuality workshops for parents and guardians of participants are included. Program format includes youth-led discussions, fieldtrips, guest speakers and workshops. This leadership program meets Tuesdays, 3:30 - 5:30pm. Nine-week sessions continue throughout the school year. ***DIVA is open to middle school age girls and requires an application and interview process. To receive an application and schedule an interview contact Ixayan Baez, Program Coordinator, ext. 51.***

❖ **Latinas y Que (LYQ)**, a weekly leadership development program that provides cultural enhancement, college preparation, career exploration and community service for young Latinas. Program highlights include cultural events, college overnight visits, women guest speakers, creative arts workshops and outdoor adventures. Program meets every Wednesday from 3:30 - 5:30pm. ***Latinas y Que is open to high school age girls and requires an application and interview process. To receive an application and schedule an interview contact Ixayan Baez, Program Coordinator, ext. 51.***

❖ **Women Acting Together Embracing Reality (WATER)** engages girls in learning about women's issues on a global level and how they can connect on a personal level. Workshops, discussion groups, speakers, field trips, and community service projects encourage girls to celebrate their rich culture. This leadership program meets every Thursday from 3:30 - 5:30pm. Nine-week sessions continue throughout the school year. ***WATER is open to high school age girls and requires an application and interview process. To receive an application and schedule an interview contact Ixayan Baez, Program Coordinator, ext. 51.***

❖ **Fitness Center** invites girls ages 11-18 to exercise in an all-girl environment. The Center is equipped with cardiovascular and resistance training machines, plus an assortment of free-weights. Additional classes are offered on a first come, first serve basis, throughout the year including classes for 9 - 10 year olds. Fitness Center hours: M - Th. 3:15pm - 6:00pm Fri. 3:15pm - 5:00pm. ***The Fitness Center is open to all girls at no cost once they have completed an orientation (by appointment only). Orientation appointments are scheduled by contacting Rosie Galvez, Fitness Center Coordinator, at ext. 36. In addition, for an annual membership fee, the Fitness Center is open to adult women.***

❖ **Computer Center** provides an interactive, all - girl technology environment focusing on girls gaining computer and Internet competence. The center is open Monday - Thursday from 3:15 - 6pm; and Friday from 3:15 - 5pm for girls, ages 9-18. Classes are scheduled periodically. ***The Computer Center is open to all girls at no cost once they have completed an orientation (by appointment only). For more information on classes and/or to schedule an appointment, contact the Computer Center Coordinator @ ext. 55.***

❖ **Girls Inc. Homework Club and Art Jam** is available to girls who want extra help and a quiet place to complete their homework. Homework Club is lead by peers as well as staff Mondays and Wednesdays from 3:30 - 5pm. **Art Jam** is a drop in program that offers a creative outlet to girls from 3:15 - 5pm on Fridays. ***If you are interested in volunteering as a helper and/or you would like more information regarding these programs, contact Debbie Hernandez, Site Manager, at ext. 37.***

❖ **Pathways Counseling Center - Outpatient Clinic:** Mental health services (psychotherapy, case management, and consultation) for children, adolescents, adults and families are provided in English and in Spanish. There are no eligibility requirements or restrictions regarding who may receive services. Specialized programs such as Family Communication Workshops are conducted for parents and children at numerous school campuses. Mental health services for students and families are also delivered at public campuses (see below). Pathways also operates a structured and comprehensive clinical training program for graduate students in clinical psychology. ***To request mental health services call (510) 357-5515. Evening hours are available by appointment. Fees are determined by a sliding scale based on income. Pathways are a contracted provider for most insurance companies and managed care organizations. Medi-Cal and Victim Restitution is also accepted. Spanish-speaking services are available.***

- **Mental Health Treatment Services:** Delivered at 1) Pathways Counseling Center's San Leandro clinic location; 2) Seven secondary public school campuses in San Leandro, San Lorenzo, and Oakland; and 3) Two Oakland School-Based Health Centers (Oakland Technical High School and the Fremont Federation of High Schools).
- **Case Management Services** Girls Inc. Case Manager brokers a number of services for families with minor-age children and their families. These services include accessing school resources and entitlement programs (TANF, disability, SSI, food programs, Regional Center, eligibility for work and training programs), housing and transportation. ***Case Management Services can be accessed through Sergio Abundis at Pathways Counseling Center, ext. 28.***
- **Mental Health Consultation Services:** Delivers for 1) All Girls Inc. program staff and managers; 2) Four Oakland public school schools; and 3) Two east Oakland preschools.

## **Community and School-based Programs**

❖ **GIRLStart** is a two-year, daily after school and summer program designed to increase literacy skills and success of first and second grade girls. GIRLStart focuses on building skills and confidence in reading and writing, while also providing math, science, and sports experiences that promote girls' self esteem and sense of future possibilities. *GIRLStart is held at Parker and Lockwood Elementary School in Oakland and Wilson Elementary School in San Leandro. For more information contact Julie Wajzman, Program Manager, ext. 18.*

❖ **WOW!** This Girls Inc. component is for girls in third through fifth grades. WOW! focuses on continuing services and opportunities with GIRLStart girls and their families, as well as outreach efforts to new families. WOW! is an after school and summer program designed to strengthen peer and adult relationships, foster girls' self-confidence and develop each girls' ability to take initiative. WOW! also sustains the literacy gains girls have made in GIRLStart as well as support academic performance through homework help. Curriculum focuses on fitness and literacy extension. *WOW! Is held at Wilson and Lockwood Elementary School in Oakland. For more information contact Carmen Johnston, Program Manager, ext. 34.*

❖ **All Stars** is an after school program for girls in 6<sup>th</sup> and 7<sup>th</sup> grades at Muir, Frick, and ASCEND middle schools. The Middle School program emphasizes hands-on and fun activities through project-based learning in multiple program areas, including technology, sports, health and fitness, and community involvement. In addition, the program supports girls' academic achievement through homework assistance. *For more information contact Melissa Bryan, Program Manager, ext. 57*

❖ **Operation SMART (Science Math and Relevant Technology)** provides hands-on science and math activities for girls in elementary and middle school. Students in this weekly after school program are encouraged to take risks, experiment and work in teams to discover how math and science relate to their everyday lives. SMART is currently offered at selected sites in Alameda County. *To learn where SMART is offered or for more information contact Whitney Morris, Program Manager, ext. 41.*

❖ **Eureka! Teen Achievement Program**, is an intensive four-year program that builds girls' confidence and skills through achievement opportunities in science, math, sports technology and careers. School year support services include math tutoring, academic counseling, SAT preparation workshops, field trips, and leadership opportunities. *EUREKA is only open to girls in the seventh grade. Applications are available in the spring at specific middle schools in Oakland and San Leandro. For more information contact the Eureka Coordinator, ext. 11.*

❖ **Girls Advocacy Project (GAP)** is a hands-on research and community organizing project for high school girls in Oakland that focuses on the overall health and well being of teenage girls. The Project is broke down into three fun and interactive phases that being in November 2005 and end in June 2008. *Contact Katie Burrill, GAP Coordinator, at ext 38.*

❖ **TAPESTRY: Adolescent Health and Sexuality Programs** - School and community based comprehensive and holistic health and sexuality programs for girls ages 8 - 18. Special attention is given to reproductive health; healthy risk-taking; decision-making; diversity and valuing differences; assertiveness and effective communication; and healthy relationship - in order to empower girls to build their resilience and wellness in the context of their families and communities. Girls engage in exploration of gender equity, social justice, and future aspirations for their own lives.

- **Hazlo!** the school based program, delivers developmentally appropriate workshops in co-ed classrooms.
- **GirlHood** is a weekly after school program for middle school girls at the YMCA Teen Center in East Oakland and Ochoa Middle School in Hayward.
- **HEART** is a peer education program that empowers teen girls to become informed resources for peers and grow into community health activists - 1<sup>st</sup> year= Peer Educators, 2<sup>nd</sup> year - Mentors; and 3<sup>rd</sup> year - Interns.

*To bring programs to your school or organization, become a peer leader or access programs for girls in the juvenile justice system, contact Wendy Calimag, Director of Programs at ext. 30.*

❖ **Volunteer Opportunities** Girls Inc. programs benefit from the energy and support of volunteers in many ways. Volunteers serve as literacy tutors, program interns, math tutors, and career and workshop speakers. In addition, volunteers assist with fundraising efforts and one-time events. *To learn about specific opportunities or to be added to the monthly volunteer update email list, contact Julia Clare, ext. 20.*