

INVEST IN HER FUTURE

girls
inc.
of Orange County



Dear friend,

Teen girls are in crisis. A recent report showed close to 60% of U.S. girls feel persistent sadness and hopelessness (Centers for Disease Control and Prevention).

From pressure around body image, friendships, relationships, and school grades, to concerns about their futures – girls are struggling to keep up in a world that puts impossible expectations on them.

Girls like Kyanna. Kyanna began to feel overwhelming pressure as early as 1st grade.

“I received my first perfect report card when I was 6 years old, and decided I was going to be a star. I spread myself paper thin, with a sickening effort to be the greatest in every area of my life. But the stress had me falling apart. I was petrified of letting anyone know I was losing control.”

One night, that stress manifested itself into a mental health crisis as Kyanna experienced intense seizures that left her with no feeling in her legs. Within a day, she lost the ability to walk and had to be carried to the bathroom, bathed, and watched over.

Her dreams for her future dimmed until she found a flyer advertising Girls Inc.’s programs.

She learned about Girls Meet the Workforce - a noncompetitive program for girls, that focuses on mental health, connects girls to supportive peers and women mentors, and provides opportunities for college and career exploration.

“It offered me a future I thought I had lost. Suddenly, a better life was tangible. I practiced walking daily with a new determination to walk into the classroom on my first day – and I did!”

Girls Meet the Workforce gave Kyanna a safe space to meet like-minded girls, discuss their challenges together, learn how to manage societal pressures in healthy ways, and discover an exciting world of future careers.

The most impactful part of the program for Kyanna was becoming an intern at Allergan and meeting her mentor, Melisa.

“Melisa, and the other mentors, shared their own battles and taught me that **what gets you through difficult moments are the people around you and being kind to yourself**. I learned that failure is crucial to any major growth. Above all, I learned that everyone struggles.”

These days, Kyanna is looking forward to a bright future. She was recently the keynote speaker at Allergan’s yearend celebration and is currently applying to colleges. She will continue to receive mentorship and support from Girls Inc. throughout her college journey and beyond.

At the time Kyanna needed hope, Girls Inc. was in her corner. At Girls Inc., we focus on intentional, research-based programs based on girls’ needs. We create non-competitive environments where girls build healthy relationships with peers, staff educators and mentors. We focus on each girl’s individual journey and aspirations.

Every girl in Orange County deserves Girls Inc.

With gifts like yours, we inspire 8,000 girls to be strong, smart, and bold each year. Your year-end gift today will help more girls like Kyanna overcome challenges and societal pressures to envision happy, successful futures.

Will you join us to inspire the next generation of future female leaders?

Thank you for your consideration of support. If you have questions about your giving or would like to make a stock gift or other gift type, please contact Ann Duncan Levy, Chief Development Officer, at (949) 838-7444.

Warm wishes for a happy holiday season,



Lucy Santana, CEO
Girls Inc. of Orange County



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