## Brief Overview

Girls Inc offers students structured, educational, and research-based enrichment programs that expose students to the knowledge, skills, and attitudes they need to thrive socially, academically, emotionally, and physically.

Along with enriching opportunities/free trips/ extracurricular activities that help students excel in their classes and become compassionate individuals. We are a free after school program that offers a variety of enriching extracurricular activities and provides free lunch at the beginning of each program day.

## Program Description

### HISTORY

Girls Incorporated of New York City is an independent affiliate of Girls Inc., a national youth development organization. Created in 1993 to listen to and support New York City girls, we began as the Urban Girls Initiative-New York. In 1999 we gained status as a 501(c)3 and a separate, incorporated nonprofit organization. Our organization was created to bring national expertise in youth programming to urban girls aged 6 to 18, with the following objectives:

- Increase the number of underserved girls who benefit from Girls Inc. programming.
- Adapt Girls Inc. programs to the needs of underserved girls.
- Train local staff from a variety of settings in the philosophy and programming of Girls Inc.
- Learn from our implementation efforts in a variety of settings, and provide technical assistance and networking opportunities to participating organizations.
- Create a self-sustaining, independent affiliate, headed by an executive director working with staff and a locally appointed board.
- Respond to the needs of underserved girls through vigorous outreach, excellent programming, and advocacy.

The positive response and great success of our programs and services led us to incorporate as the separate, nonprofit corporation known as Girls Incorporated of New York City. We are proud to serve over 2,500 girls each year in collaboration with our network of partner organizations. Delivering our programs in 22 neighborhoods and over 30 different sites throughout New York City, we continue to inspire girls to be STRONG, SMART, and BOLD.

### WHAT WE DO

- Challenge girls to discover and fulfill their potential
- Foster gender equity in a positive way
- Show girls that they can access all worlds, from the science lab to the boardroom
- Inspire girls to take pride in the success
- Take a community-minded approach that inspires girls to “give back,” locally and globally
OUR PROGRAMS
Offer a safe place for participants aged 6 to 18
Are well researched and created by educators and experts in many fields
Make intentional curriculum that is age-appropriate and includes many subjects, both academic and personal
Offer invaluable lessons in essential life skills, including financial self-support and social-emotional learning
Offer safe, respectful environments in which participants take risks and learn about themselves
Inspire girls to be role models for other girls
Build on girls’ strengths and help girls develop self-esteem
Inspire dedication to life-long learning

MISSION
The Mission of Girls Inc. of New York City is to advocate for and improve the lives of under-served girls aged 6 to 18 throughout the five boroughs. We pursue this mission by providing gender-based educational programs in the areas of math; science; health and safety; financial literacy; and multicultural appreciation. We provide programs directly or in partnership with other organizations. As an independent affiliate of the Girls Inc. national organization, our commitment is to inspire all girls to be STRONG, SMART, and BOLD!

Links to Relevant Outside Web Pages/Sites
Visit us on the web: www.girlsincnyc.org | Follow us: Twitter | Facebook | Instagram | Youtube

Details (Time Meeting/Dates (Season, if applicable)/Location)

Due to Covid-19, Girls Inc of Astoria has moved towards implementing online programming for all TYWLS students. We hope to resume regular programming within the next academic school year. (SEPTEMBER 2020)

Virtual Programming Hours
Time Meeting: 3:30 PM - 5:30 PM
Dates: Monday-Friday 4/4/20-6/30/20
Location: The Young Women’s Leadership School of Astoria/Google Hangout meet

Contact
● Jazmin (Program Director), Adina (Program Coordinator)
● Jazmin@girlsincnyc.org Agordon@girlsincnyc.org
Photos/Video Links to YouTube

https://youtu.be/T-KOqZt1yF0
Girls Inc. TYWLS Astoria Online Schedule

<table>
<thead>
<tr>
<th>Create With Me Monday</th>
<th>Trendy Tuesday</th>
<th>Woosah Wednesday</th>
<th>Thriving Thursday</th>
<th>Wholeness Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW TIMES! 3:30 PM - 4:00PM</td>
<td>What’s Your Story?</td>
<td>Spilling Tea Over Coffee</td>
<td>Drawing with a Fresh Perspective</td>
<td>Empowering Stillness and Movement</td>
</tr>
<tr>
<td>4:15PM - 4:45 PM</td>
<td>Journal &amp; Tea</td>
<td>Throw a Word</td>
<td>Intention Scrolls</td>
<td>Tasty Thursday</td>
</tr>
<tr>
<td>5:00 PM-5:30 PM</td>
<td>HW Help/Game Zone</td>
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<td>HW Help/Game Zone</td>
</tr>
</tbody>
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Activity Description For our Virtual Programming Days

Create With Me Monday! With Sylvie, Sydney & Kompalya

Creative Me will be an open space for you to express yourself freely and uniquely through various
creative activities, like music, art, and writing. Each week, through a different activity you will be able to explore the arts and develop new artistic skills. The only thing required is your imagination!

### Trendy Tuesday! With Sydney, Crystal & Morelia

Trendy Tuesdays is all about staying up to date with the most popular trends, whether it's TikTok dances or social media challenges or pop songs.

### Woosah Wednesday! With Morelia, Aya & Crystal

On Woosah Wednesdays we will focus on maintaining a healthy mind and spirit. Join us for a
variety of activities including arts and crafts, storytelling, movement, and meditation. We hope these sessions will create a space to take a moment to breathe and connect with other participants through fun and engaging activities.

**Thriving Thursday! With Aya, Kompalya and Sylvie**

First, learn how to focus your mind and still your body from the first four days of the week in the beginning portion of the session. Second portion of the session we will stretch and dance to help loosen up and relax our bodies. The overall goal is to find focus and relaxation for both our minds and bodies!

**Wholesome Fridays! With Adina & Jazmin**

Have you been feeling more stress than usual lately? Are you finding this whole quarantine life hard to manage? Never fear, Admin is here! For the first hour on Fridays, Ms. Adina will be hosting a Wellness Center with projects, activities, and discussions focused on navigating “the new normal” we are all living in. Some examples include DIY Fidget Toys, Create Your Own
Self-Care List, Mindfulness, Cyber-Connecting, and more! Following this, Ms. Adina and Ms. Jazmin will be hosting Girl Council, which will give us a chance to check in and discuss as a Girls Inc. group how things are going and what we can continue to do to stay Strong, Smart, and Bold.