

★ * * FOR GIRLS * * *



THIS DIRECTORY BELONGS TO:



Dear Friend:

Welcome! It is with great enthusiasm that I invite you to use the *Service Directory for Girls*.

Sometimes life can present situations that you may not know how to navigate through. When such situations arise it is important to have the necessary tools and resources to help guide you. This directory was especially designed with you in mind and we've included resources that will help you get the services you need.

As an advocate for advancing equality for women, addressing the unique needs of California's young women and girls is a top priority for me. Addressing your needs means making sure you get the services and attention you deserve because you are California's next generation of leaders!

I encourage you to share this valuable resource with your friends and family and to keep growing and nurturing your hearts and minds. If I can ever be of assistance, please do not hesitate to contact me.

In Peace and Friendship,

FIONA MA Assemblymember, 12th District

Thank You

The San Francisco Commission on the Status of Women's Girls Committee partnered with Assemblywoman Ma's office to put together the Service Directory for Girls. The Girls Committee members wanted this handy directory to be a valuable resource for girls when they need help.

The Commission on the Status of Women fosters the advancement of women and girls throughout San Francisco, particularly focusing on issues that impact marginalized women and girls. The Commission's Girls Committee was created in 2007 to bring girls' issues to the forefront of the Commission's work.

The San Francisco Commission on the Status of Women's Girls Committee Madeline Ing

Washington High School

Eileen Li University High School

Dawn Liu Mills College San Francisco School of the Arts Alumna

> Melissa Padilla Mission High School

Nancy Xu Lowell High School

Assemblywoman Ma and the Girls Committee thank Katherine Gin and the San Francisco Arts Commission's Writers Corps for the photographs found throughout the Service Directory for Girls, and the staff of the San Francisco Department on the Status of Women for assistance in creating the directory.

Please check the Department on the Status of Women's website for updates to the Directory: **www.sfgov.org/dosw**





American Civil Liberties Union (ACLU) -Friedman Youth Project

39 Drumm Street San Francisco, CA 94111 (415) 621-2493 www.aclunc.org/youth/youth activist project.shtml

Services

The Friedman Youth Project is the youth activism and education program of the ACLU of Northern California. The Project's Youth Activist Committee, which meets year-round, plans an annual youth rights conference and a summer field investigation. The Friedman Project also coordinates classroom and community presentations on a range of civil liberties topics, coordinates an annual retreat for activist students and teachers, and trains high school teachers and administrators on addressing bias and discrimination to create safer campus environments for students.

APA Family Support Services (formerly Asian Perinatal Advocates)

1001 Potrero Avenue, MS6E San Francisco, CA 94110 (415) 206-5450 www.apasfgh.org

Services

APA's mission is to promote healthy Asian/Pacific Islander children and families by providing family support services to prevent child abuse and domestic violence. APA also advocates for culturally competent services for Asians and Pacific Islanders through education, community building and leadership development. APA is the only hospital-based agency offering in-home family support services specifically for Asian Pacific Islander families and children.

Arab Cultural and Community Center -The Women's Program

2 Plaza Avenue San Francisco, CA 94116 (415) 664-2200 www.arabculturalcenter.org

Services

Provides legal referral, counseling, translation, and educational services on survival skills to empower Arab/Middle Eastern and Muslim women.

Asian Law Caucus

939 Market Street, Suite 201 San Francisco, CA 94103 (415) 896-1701 www.asianlawcaucus.org

Services

The Asian Law Caucus is the nation's oldest legal and civil rights organization serving the low-income Asian Pacific American communities. Issue areas include:

- Anti-Asian Violence
- Language Rights
- Senior Rights
- Juvenile Justice and Education
- Ethnic, Religious, and Racial Profiling
- Housing
- Immigration
- · Employment and Labor

Asian Law Caucus -Juvenile Justice Project

939 Market Street, Suite 201 San Francisco, CA 94103 (415) 896-1701 www.asianlawcaucus.org

Services

The Asian Law Caucus is the nation's oldest legal and civil rights organization serving the low-income Asian Pacific American communities. The Juvenile Justice Project provides legal advocacy, education, and policy advocacy for immigrant families. The Project currently has two main areas of focus:

- Juvenile Justice System: The Project provides direct legal representation and know-your-rights education to immigrant families who have youth in the juvenile justice system. The Project is staffed by an attorney who assists limited English proficient (LEP) parents or guardians with navigating through language and culture barriers in the juvenile system. The goal is to help immigrant parents or guardians to become more involved in their child's case and to understand what is happening in their child's case. Services include, but are not limited to:
 - Explaining to parents or guardians the juvenile justice process, including the purpose of each hearing and the importance of their involvement in assisting the child to rehabilitate, and
 - Providing advice to attorneys, probation officers, and case managers about referrals to culturally-appropriate education and mental health services.
- 2. K-12 Public Schools: The Project also assists

youth of color and their parents/guardians with filing state and federal administrative complaints regarding bias-related violence and harassment in public schools (e.g., discrimination based on race, nationality, language, etc.).

Asian Pacific Islander Legal Outreach

1188 Franklin Street, Suite 202 San Francisco, CA 94109 (415) 567-6255 www.apilegaloutreach.org

Services

Asian Pacific Islander Legal Outreach is a communitybased, social justice organization serving the Asian and Pacific Islander communities of the Greater Bay Area.

Areas of focus include:

- Violence Against Women
- Seniors
- Human Trafficking
- Youth
- Immigrant Rights
- Social Justice

Asian Pacific Islander Legal Outreach -Youth Advisory Council (YAC)

1188 Franklin Street, Suite 202 San Francisco, CA 94109 (415) 567-6255 www.apilegaloutreach.org

Services

Asian Pacific Islander Legal Outreach is a communitybased, social justice organization serving the Asian and Pacific Islander communities of the Greater Bay Area.

The Youth Advisory Council (YAC) is a group of Asian Pacific Islander (API) youth ages 13-18 from the San Francisco Bay Area, who are committed to stopping domestic and dating violence in our communities. We educate and outreach to our peers in the API community about domestic and dating violence through interactive workshops and media arts projects.

Asian and Pacific Islander (A&PI) Wellness Center

730 Polk Street, 4th Floor San Francisco, CA 94109 (415) 292-3420 www.apiwellness.org

Services

Asian & Pacific Islander Wellness Center (A&PI Wellness Center) is the oldest non-profit HIV/AIDS services organization in North America targeting Asian & Pacific Islander (A&PI) communities.

Services for youth include:

- · Case management for youth, especially HIV+
- Mental health
- Recreation
- HIV testing services
- Substance abuse treatment and counseling.
- Getting back into school
- Finding shelter
- Reproductive health issues
- Tutoring
- Counseling
- · Assistance with family issues
- Advocacy

Asian and Pacific Islander (A&PI) Wellness Center - AQU25A (Asians & Pacific Islanders, Queer & Questioning, 25 and Under, All Together)

730 Polk Street, 4th Floor San Francisco, CA 94109 (415) 292-3420 www.apiwellness.org, www.myspace.com/aqu25a

Services

AQU25A is a group for and run by queer, trans, & questioning Asians, Pacific Islanders, and hapas 25 and under! AQU25A holds drop-ins, gatherings, picnics, groups, workshops, scholarships, individual counseling, a peer leadership program, parties, dances, trips, retreats, and other activities throughout the year.

Queer Youth Drop-In Space: Join AQU25A on every 2nd and 4th Thursday of each month from 6pm-8pm for fun social activities. Come chill and meet people in a queer friendly space. For updated details on what's happening this month, check us out at www. myspace.com/aqu25a.

Asian Women's Shelter

3543 18th Street, #19 San Francisco, CA 94110 (415) 751-7110, x 310 www.sfaws.org

Services

Asian Women's Shelter (AWS) is committed to every person's right to live in a violence-free home and has a special focus to address the previously unmet needs of Asian women and children escaping domestic violence. AWS Direct Services include a comprehensive shelter program, women's program, children's program, 24 crisis line, Multilingual Access Model (MLAM) and Citywide Program, Queer Asian Women's Services (QAWS), and Asian anti-trafficking collaborative.



Balboa High School Teen Health Center

1000 Cayuga Avenue, #156 San Francisco, CA 94112 (415) 469-4512

Services

Balboa High School Teen Health Center provides primary medical care and health education services to students from Balboa High School and other schools. Services include:

- Primary care services
 Substance abuse treatment and counseling;
 Physical exams;
 Immunizations;
 STI screening and treatment; and
 Pregnancy testing and birth control (free condoms available).
- Mental health services
- Chronic disease management
- Relationship counseling
- · Coordinating services
- Helping students toward graduation
- Community events and outings

Bay Area Women's and Children's Center

318 Leavenworth Street San Francisco, CA 94102 (415) 474-2400 www.bawcc.org

Services

Services for women and families include:

- Drop-in services Tuesday and Thursday, 8:30 - 12:30
- · Job-related services by appointment
- Clothes closet Tuesday and Thursday, 8:30
 12:30
- Parent and Child Program (with City College) -Tuesday, 12:00 pm - 2:00 pm
- Food pantry for Tenderloin families
- Resource directories (including Tenderloin Youth and Family Services Directory) online in 3 languages
- Other programs include: Tenderloin Family Center at the Tenderloin Community School, Tenderloin Scholarship Fund, advocacy programs for women, children, and families in the Tenderloin.

Bayview Hunters Point YMCA - Center for Academic Reentry and Empowerment (CARE)

1601 Lane Street San Francisco, CA 94124 (415) 822-5300 www.ymcasf.org/Bayview

Services

CARE seeks to reduce the level of truancy in the Bayview community and increase graduation rates among our youth through creative and innovative approaches and empowerment techniques. The program is designed to support the San Francisco Unified District by providing a "circle of care" that re-engages youth, their families, and the community. CARE provides intensive educational support, youth advocacy & leadership engagement activities, life skills & empowerment curriculum, health & wellness programs, financial planning, recreational activities, and an intense mentor matching program. Youth who complete the nine-week program will be given a map to graduation and the support needed to make it there.

Bayview Hunters Point YMCA -Just 4 Girls

1601 Lane Street San Francisco, CA 94124 (415) 822-7728 www.ymcasf.org/bayview/teens.html

Services

This is a mentoring program serving teenage girls with a focus on academics, leadership development, college preparation, career opportunities, health issues, values clarification, and self- confidence building.

B-MAGIC (Bayview Mobilization for Adolescent Growth in Our Communities)

555 7th Street, Suite 201 San Francisco, CA 94103 (415) 558-2428 www.bayviewmagic.com

Services

B-MAGIC is a neighborhood-based process for mobilizing community leaders, service providers, schools, juvenile justice agencies, church communities and families in Bayview Hunters Point. B-MAGIC's goal is to coordinate and improve youth services, and provide early intervention that reduces juvenile crime, strengthens families and keeps children in school. Formed in 2004 by the San Francisco Public Defender's Office, B-MAGIC has now grown to include over 40 community-based organizations. Activities include an annual back-to-school event, annual book and technology fair, and a technology internship program for youth.

Board of Supervisors & Clerk of the Board, City and County of San Francisco

1 Dr. Carlton B. Goodlett Place Room 250 & Room 244 San Francisco, CA 94102 (415) 554-5184 www.sfgov.org/bdsupvrs

Services

The Board of Supervisors responds to the needs of the people of the City and County of San Francisco, establishes city policies, adopts ordinances, and resolutions. The Clerk of the Board of Supervisors serves the Board of Supervisors by providing leadership and administrative support, implementing Board policies, and providing quality services to the people of the City and County of San Francisco.

The Board has several sub-committees which focus on issues such as school policy and anti-violence. More information on Board activities, initiatives, and meetings can be found on the Board's website.

Boys & Girls Clubs of San Francisco: Columbia Park Clubhouse

450 Guerrero Street San Francisco, CA 94110 (415) 864-2724 www.bgcsf.org

Services

The Columbia Park Clubhouse is celebrated for arts programming. Our programs expose artists to a variety of mediums to build their portfolio, which assist in their eligibility to enter art school and explore potential career opportunities.

Other programs include:

- Power Hour Homework Assistance
- One-On-One Tutoring
- Teen Staff Program
- Gang Intervention
- Becoming a Responsible Teen (BART)

Boys & Girls Clubs of San Francisco: Ernest Ingold Clubhouse

1950 Page Street San Francisco, CA 94117 (415) 221-6100 www.bgcsf.org

Services

The Ernest Ingold Clubhouse serves the Western Addition and surrounding neighborhoods. The Clubhouse excels in Sports, Fitness, and Recreation programming. Members can participate in skill building, age-appropriate programs, including Pee Wee Basketball and Learn to Swim. These programs emphasize academic coaching, where Club Members, who must hold a minimum GPA to participate, receive tutoring and get assistance with high school scholarships. Club Members also participate in the SMART's programs, an important part of our Health and Life Skills programming.

Other programs:

- Power Hour Homework Assistance
- Swim Program
- Leadership Programs (Keystone Club/Torch Club)
- Teen Program
- Sports Programs

Boys & Girls Clubs of San Francisco: Excelsior Clubhouse

163 London Street San Francisco, CA 94112 (415) 334-2582 www.bgcsf.org

Services

The Boys & Girls Club Excelsior Clubhouse provides the Excelsior and surrounding neighborhoods with youth development and after school services.

The Excelsior Clubhouse is most recognized for Teen Programming, specifically programs involving the recording studio. Whether participating in the Beat Lab program where kids can explore and learn basic music theory, or The Masters Class, where more advanced musicians learn the technical side of recording, all levels are encouraged to participate. The recording studio even features a girl's only program, Girls on the MiC, where girls are encouraged to learn and explore their musical talents in a less competitive environment.

Other programs:

- Power Hour Homework Assistance
- SMART Moves (Skills Mastery and Resistance Training)
- Leadership Programs (Torch Club)

- Sports Programs
- Health and Fitness Programs

Boys & Girls Clubs of San Francisco: Mission Clubhouse

Bryant Elementary 1050 York Street San Francisco, CA 94110 (415) 531-2670 www.bgcsf.org

Services

The Mission Clubhouse specializes in its Junior Staff program. Members between the ages of 9-13 take on leadership roles as department assistants, and over time help run one of the Club's regular programs. Through this experience, participants become stronger leaders and individuals, and gain valuable work experience. Also, to promote strong work habits and good school behavior, an incentive program gives credit for good academic and job performance. Other programs include:

- Intensive Reader Program
- Power Hour Homework Assistance
- Printmaking
- Photography

Boys & Girls Clubs of San Francisco: Sunnydale Clubhouse

1654 Sunnydale Avenue San Francisco, CA 94134 (415) 584-5028 www.bgcsf.org

Services

The Sunnydale Clubhouse specializes in education, health and fitness programming. The Power Hour Program is a comprehensive homework help and tutoring program geared to increase the academic proficiency of Club Members ages 3 to 13. The Clubhouse also provides academically beneficial activities that increase academic performance, including leisure reading, writing activities, homework help, and games. As for health and fitness components, Healthy Habits is designed for children ages 6 to 15. The program aims to incorporate healthy living and active learning into every part of the Club experience. Club Members learn about food preparation and kitchen safety while preparing healthy snacks. Other programs include:

- SMART Moves (Skills Mastery and Resistance Training)
- Leadership Programs (Torch Club)
- Sports Programs

Boys & Girls Clubs of San Francisco: Tenderloin Clubhouse

115 Jones Street San Francisco, CA 94102 (415) 351-3125 www.bgcsf.org

Services

The Tenderloin Clubhouse is outstanding in Arts programming. The Clubhouse offers a variety of daily programs in the art room, which is a quiet colorful space that fosters creativity. Currently, they offer clay sculpture, painting, digital photography, crafts, drawing, as well as architecture and design. Clubhouse members are constantly competing in a variety of national and regional art competitions, often placing in the top tiers.

Other programs include:

- Leadership Programs (Keystone Club/Torch Club)
- Sports Leagues: Baseball, Basketball, Volleyball, Flag Football
- College Prep
- SMART Moves (Skills Mastery and Resistance Training)

Boys & Girls Clubs of San Francisco: Treasure Island Clubhouse

401 13th Avenue San Francisco, CA 94130 (415) 362-1383 www.bgcsf.org

Services

The Treasure Island Clubhouse is located on the grounds of the Treasure Island School. The Clubhouse is known for Health and Life Skills programming, specifically the Healthy Youth Promoting Exercise (HYPE) program. Club Members participate in a variety of daily exercises, which range from sit-ups, squats, and relays to stretching and jumping jacks. This is a great program which young people of all ages participate in, as it creates discipline, endurance and a sense of accomplishment. All Club Members are rewarded through a point system for participating in any program that involves physical activity. Other programs include:

- Power Hour Homework Assistance
- One-On-One Tutoring
- Cooking Programs
- Performing Arts
- Sports Programs

Boys & Girls Clubs of San Francisco: Visitacion Valley

1099 Sunnydale Avenue San Francisco, CA 94134 (415) 239-0146 www.bgcsf.org

Services

The Visitacion Valley Clubhouse is known for its Performing Arts programming. The Hip-Hop Dance program, running with cooperation of volunteer students from San Francisco State University, teaches members different genres of dance and allows them to explore their own creativity.

Other programs include:

- Cheerleading
- Sports and Fitness
- Leadership Programs (Keystone Club/Torch Club)
- SMART Moves (Skills Mastery and Resistance Training)
- Photo Club
- Camp Mendocino

Boys & Girls Clubs of San Francisco: Willie Mays Boys and Girls Club at Hunters Point

195 Kiska Road San Francisco, CA 94124 (415) 643-6140 www.bgcsf.org

Services

The Willie Mays Boys & Girls Club at Hunters Point is known for Sports, Fitness, and Recreation programming. Whether hosting basketball or volleyball in the fall, or enjoying the state-of-the-art Junior Giants baseball field in the spring and summer, Club Members have a variety of ways to enjoy physical activity through the Club's sports leagues.

Other programs include:

- Power Hour Homework Assistance
- Leadership Programs (Keystone Club/Torch Club)
- Multi-media Programs
- Community Service
- The Arts
- · Health & Life Skills

C California Youth Connection

Statewide Office 604 Mission Street, 9th Floor

San Francisco, CA 94105 1-800-397-8236 (415) 442-0720 www.calyouthconn.org

Services

The California Youth Connection (CYC) is guided, focused, and driven by current and former foster youth with the assistance of other committed community members. CYC promotes the participation of foster youth in policy development and legislative change to improve the foster care system, and strives to improve social work practice and child welfare policy. CYC Chapters in counties throughout the state identify local issues and use grassroots and community organizing to create change.

Catholic Charities CYO

Administrative: 180 Howard Street, Suite 100 San Francisco, CA 94105 (415) 972-1200 www.cccyo.org

Services

Catholic Charities has services for seniors, children, families, HIV patients, homeless, and the disabled such as emergency services for homeless young adults and families, grief care, Rita De Cascia program provides shelter and comprehensive support services to homeless women with HIV/AIDS and their children.

The CYO Athletics program is designed to be representative of the Christian values of respect, love, compassion and support for each other. Through sports, competition and teamwork, CYO Athletics provides healthy growth and development through games, practices and the life lessons that sports teach.

CYO Athletics in the San Francisco Archdiocese serves Marin, north coastal San Mateo and San Francisco counties and offers Boy's Soccer, Boy's & Girl's Basketball, Girl's volleyball (co-ed during the summer) and Co-ed Track & Field and Cross Country.

Center for Young Women's Development -Sisters Rising Program

832 Folsom Street, Suite 700 San Francisco, CA 94107 (415) 703-8800 www.cywd.org

Services

Each year Sisters Rising hires 17 young women for a paid internship that incorporates healing, skills development, political education, community organizing and reintegration into the community. The lack of gainful and meaningful employment is the primary obstacle facing young women struggling to stay out of the criminal justice system and stabilize their lives. With limited education and the stigma of a criminal record, job prospects for these young people are dim.

Sisters Rising provides these extremely low-income young women with both a livable income and an environment that is supportive and personally transformative. Young women who have endured multiple traumas including long periods of incarceration, loss of their children while they were in the system, poverty, violence, drug addiction and the incarceration of a parent do not just need a job - they need to believe that they can make it in the "above ground" economy.

The Sisters Rising internship combines skills development with a wellness and empowerment curriculum called "Beyond Survival," exposure to civic engagement and political education and reintegration into the community through a hands-on, neighborhood-based project.

Coleman Advocates for Children and Youth

459 Vienna Street San Francisco, CA 94112 (415) 239-0161 www.colemanadvocates.org

Services

Coleman Advocates for Children and Youth is a oneof-a-kind local community organization that works to transform San Francisco's Services and policies for children, youth and their families in order to create a more family-friendly community.

Issues Coleman Advocates focuses on include:

- Childcare
- Family Support
- Juvenile Justice
- Youth Development
- Public Education
- Parks
- Children's Amendment
- Health

- City Budget
- Elections

Coleman Advocates for Children and Youth - Youth Making a Change (Y-MAC) Program

459 Vienna Street San Francisco, CA 94112 (415) 239-0161 www.colemanadvocates.org

Services

Coleman Advocates for Children and Youth is a oneof-a-kind local community organization that works to transform San Francisco's Services and policies for children, youth and their families in order to create a more family-friendly community.

One program Coleman offers is Youth Making a Change or Y-MAC. Y-MAC is a been a dynamic, multi-ethnic, youth-led organization that builds the leadership and power of high school age low-income young people and people of color in San Francisco. Youth Organizers recruit, educate and mobilize Y-MAC members to wage policy campaigns that win concrete improvements for young people and build their capacity to create long-term social change. Through peer education, citywide cultural events, direct action, advocacy and an intensive leadership development process, Y-MAC is training a new generation of grassroots leaders to create a more just, democratic society.

Community Youth Center (CYC)

1038 Post Street San Francisco, CA 94109 (415) 775-2636 www.cycsf.org

Services

The mission of Community Youth Center is to empower and strengthen high-need Asian youth and their families by providing comprehensive youth development through education, employment training, advocacy and other support Services.

Originally founded to address the problems of juvenile delinquency and gang violence in Chinatown, CYC has grown to encompass behavioral/mental health, education, intervention, leadership development, street outreach and workforce development in all programs. CYC offers Services directed at responding to the complex set of issues the youth in the community face including acculturation, difficulties in school, economic hardship, substance abuse, and gang involvement. Their educational enrichment, leadership building, and job-readiness programs have earned CYC a unique reputation as a key agency for Asian youth *Services* in San Francisco.

Community Youth Center (CYC) - Young Asian Women Against Violence (YAWAV) Program

1038 Post Street San Francisco, CA 94109 (415) 775-2636 www.cycsf.org

Services

Young Asian Women Against Violence (YAWAV) is a CYC project dedicated to the positive empowerment and development for young women in San Francisco. It is a peer leadership program designed to reduce violence against Asian girls and young women. Goals are to strengthen the resilience, pride, knowledge, and skills of Asian girls so that they are less vulnerable to all forms of abuse, and to educate the larger Asian community about girls' issues so that the community can better respond to such abuse.

D

Donaldina Cameron House - Asian Domestic Violence Intervention Program

920 Sacramento Street San Francisco, CA 94108 (415) 781-0401 www.cameronhouse.org

Services

Donaldina Cameron House is a Chinatown-based multi-service agency serving Asian communities in the San Francisco Bay Area, committed to promoting healthy communities. Cameron House has served individuals, immigrant families and youth since 1874.

Services include:

- Multilingual counseling
- Domestic violence assistance
- Legal assistance
- Employment readiness
- · Layettes for newborn infants
- Emergency food boxes
- Community education radio program on domestic violence
- · Youth programs
- Support groups for cancer patients and their family members, single mothers, newcomers, and Vietnamese women

Donaldina Cameron House - Bilingual After-School Tutorial Program/Summer Youth Program

920 Sacramento Street San Francisco, CA 94108 (415) 781-0401 www.cameronhouse.org

Services

The Bilingual After-School Program (BAP) serves immigrant children and youth from the 1st - 8th grades, offering group and individual tutoring as well as supervised recreation. To offer a balanced and healthy program, BAP strives to provide youth with various opportunities and rewarding experiences needed for healthy growth and development.

The Bilingual Summer Youth Program balances academic development with recreational activities for children in 1st - 5th grades.

To help supervise youth and students in the afterschool and summer programs, Cameron House trains high school youth and young adults as part of their volunteer programs. Volunteers take a strong role in planning and implementing daily activities, fostering youth leadership development.

Donaldina Cameron House -Friday Night Club

920 Sacramento Street San Francisco, CA 94108 (415) 781-0401 www.cameronhouse.org

Services

Friday Club is a year-round faith-based youth program providing a safe and secure environment where youth can form lasting friendships with peers, develop leadership skills, and foster a deeper sense of Christian spirituality and faith. Club groups are encouraged to develop their own program of activities with the help of volunteer leaders and Cameron House Youth Ministries staff. Participants help plan activities such as community service projects, arts and crafts, social events, and retreats with an emphasis on spiritual, mental, social, and physical development.

There is no cost to join Friday Club, but all participants must turn in an updated registration form found on the website.



Edgewood Center for Children and Families

1801 Vicente Street San Francisco, CA 94116 (415) 681-3211 www.edgewoodcenter.org

Services

Edgewood Center offers a broad range of *Services* to help children and families at home, in school and in the community. They also provide residential and day treatment *Services* to severely emotionally disturbed children and their families.

Ella Hill Hutch Community Center

1050 McAllister Street San Francisco, CA 94115 (415) 921-6276 www.ellahillhutchcommunitycenter.org

Services

- Domestic violence resources
- Recreational activities for youth, adults, and seniors
- Mentorship, case management, and advocacy for kids ages 9 - 17
- Apprenticeships for crafts and construction including job placement Services for adults
- Employment counseling and referrals
- Technology training
- GED classes
- Creative arts and entrepreneurial development for youth
- Girls Reaching for Success offers creative arts instruction for girls ages 13 16.

Enterprise for High School Students

200 Pine Street, Suite 600 San Francisco, CA 94104 (415) 392-7600 www.ehss.org

Services

Enterprise for High School Students is a citywide school-to-work/youth development agency that guides youth to find and retain jobs, be trained and engage in experiential learning, and explore career interests. We serve students residing in every zip code and planning district in San Francisco, ages 14-18, who attend public and independent schools.

Through our broad array of programs, Enterprise provides a comprehensive means for students to gain an understanding of how their interests and talents can be integrated into employment, community service and educational opportunities. More importantly, each of our programs is designed to assist each individual in finding his/her potential.

G

Girls 2000

763 Jerrold Avenue San Francisco, CA 94124 (415) 824-3225 www.hunterspointfamily.org/girls.html

Services

Girls 2000 is comprised of three programs: Girls 2000, Bayview Safe Haven, and Peacekeepers. Each program offers case management, healthy living skills, mentoring, educational support and arts for young women.

Girls 2000/Hunters Point Family -Rec. Connect @ Gilman

950 Gilman Avenue San Francisco, CA 94124 (415) 467-4566 www.hunterspointfamily.org

Services

The Gilman program focuses on recreation, enrichment, and youth development. The program provides variety of activities based on the seasonal calendar and ensures that activities geared for all age groups with an emphasis on youth and families.

Girls 2000/Hunter's Point Family - Safe Haven for Bayview/Hunter's Point

1678 Newcomb Street, #3 San Francisco, CA 94124 (415) 824-4098 www.hunterspointfamily.org

Services

Bayview Safe Haven is an after-school, youth development program serving youth who reside in the Bayview Hunters Point community. The program provides case management *Services* in the areas of education, health, and social *Services* to youth ages 10-18 who are at risk of being involved in the juvenile justice system. The program also provides enrichment classes and recreational activities.

Girls After School Academy (GASA)

3543 18th Street, #15 San Francisco, CA 94110 (415) 584-4044 gasa.ypguides.net

Services

GASA provides *Services* for girls between the ages of 8-18 years old who live primarily in the Visitation Valley neighborhood. Program activities are centered around goals, which include to: 1) enhance academic achievement, 2) develop leadership and communication skills, 3) encourage sound mental and physical health through fitness and awareness, 4) teach economic self-sufficiency, and 5) develop a sense of cultural and gender pride. The program also provides a stipend to youth for their attendance at programs and assists them in establishing individual savings accounts.

Girls Committee (City and County of San Francisco) Commission on the Status of Women

25 Van Ness Avenue, Suite 130 San Francisco, CA 94102 (415) 252-2570 www.sfgov.org/site/dosw

Services

The Girls Committee is part of the San Francisco Commission on the Status of Women. The Committee discusses and advocates for social, economic, educational, health, and criminal justice policies that directly affect girls in San Francisco. Participating in the Girls Committee is a great way to learn about the legislative process and how city government functions, while working on issues faced by young women in San Francisco. Members receive a monthly stipend. Meetings are open to the public.

Girl Scouts of the San Francisco Bay Area

7700 Edgewater Drive, Suite 340 Oakland, CA 94621 (800) 447-4475 or (510) 562-8470 www.girlscoutsbayarea.org

Services

The Girl Scouts of the San Francisco Bay Area serve Alameda, Contra Costa, Marin, San Francisco, and San Mateo counties. GSSBA delivers fun, relevant programs for girls and offers an array of activities that teach girls life skills and leadership and offer mentoring, educational support, recreational and arts activities.

GirlSource Inc. - Technology and Leadership Program

1550 Bryant Street, Suite 675 San Francisco, CA 94103 (415) 252-8880, x 314 www.girlsource.org

Services

GirlSource's Technology and Leadership Program gives young women a chance to acquire technology, leadership, and job skills while they're being paid for meaningful employment.

The intensive 100-hour program employs 12-24 young women per program cycle, which runs three times a year. Participants are responsible for all original research, writing, and creation for their own personal iMovie, webpage or podcast episode.

The Technology and Leadership Program develops skills in the following areas:

- Computer software skills
- Video editing, creation of short films
- Web technology, design, and graphic development
- Podcasting, audio editing
- Leadership
- Critical thinking
- Conflict resolution
- Presentation/public speaking
- Time management
- Personal finance
- · Project management
- · Research, interviewing, and writing

GirlSource also offers free SAT prep courses, college support programs, college scholarships, and outreach and education workshops.

Girls Speak Out

146 Edinburgh Street San Francisco, CA 94110 (415) 469-8644 www.girlsspeakout.org

Services

Join over 80,000 girls on 5 continents ages 8 and up who participate in, read about and help organize Girls Speak Out workshops, action projects, trainings, and conferences that express your true self and build girls' strengths and power as leaders. We help you name what challenges you may face growing up, and help you be the person you want to be, in a positive setting.

You can explore our workshops, jump into our new interactive book for girls and their friends, reach out

to boys in Leading Together co-ed workshops, decide how in-person and long distance training can come to you, connect with women who support you, and become friends with girls near and far away who stay strong from the inside out.

Girl Ventures

The Women's Building 3543 18th Street, #18 San Francisco, California 94110 (415) 864-0780 www.girlventures.org

Services

The mission of Girl Ventures is to empower adolescent girls to develop and express their strengths. At Girl Ventures, we explore self, community, culture and environment through outdoor adventure, creative arts and group experiences. We strive to:

- Provide opportunities for girls to express thoughts and feelings, to work and play with a community of other girls and women.
- Facilitate a process for girls to learn about themselves through their relationships with others
- Encourage leadership and self-discovery through outdoor adventure and creative arts
- Help girls discover strength and talent through a range of verbal, physical and creative selfexpression activities

Since its founding in 1997, Girl Ventures has played a pivotal role in the lives of over 2,400 diverse Bay Area girls through our four core program areas:

- Summer Outdoor Adventure Programs
- School-Year Programs
- Leadership Development Program
- Community Courses

Gum Moon Women's Residence -Asian Women's Resource Center

940 Washington Street San Francisco, CA 94108 (415) 788-1008 www.gbgm-umc.org/awrc

Services

Gum Moon provides transitional housing facilities for women. Its community outreach project, Asian Women's Resource Center, provides the following programs for low income families in the community: domestic violence, survival English program, parent-child development program, summer school, after-school tutorial program, information and referral **Services**, leadership development, cultural, social, and recreational activities, Housing facilities are womenspecific. Other programs are open to women and men.

Health Initiatives for Youth (HIFY)

235 Montgomery Street, Suite 430 San Francisco, CA 94104 (415) 274-1970

www.hify.com

Services

HIFY creates publications and resource materials and facilitates workshops and trainings for youth and the providers that work with them on a variety of youth and health topics, such as body image, sexuality, STDs and HIV, substance use, self-esteem and mental health, relationships, and violence. We provide this information through workshops, survival guide, and our Peer Education Team.

Homeless Children's Network

3265 17th Street, Suite 404 San Francisco, CA 94110 (415) 437-3990 www.hcnkids.org

Services

The Homeless Children's Network (HCN) provides comprehensive mental health Services, case management, and family support Services for homeless children, youth, and their families throughout San Francisco. HCN provides violence response prevention programs, analyzes the impact of violence on children, provides shelter based child care consultation, and offers community development and education programs including self empowerment groups and health-related trainings. The families we serve represent a rich array of ethnicities and cultural backgrounds.

Homeless Prenatal Program

2500 18th Street San Francisco, CA 94110 (415) 546-6756 www.homelessprenatal.org

Services

Seizing the motivating opportunity created by pregnancy and parenthood, HPP joins with families to help them recognize their strengths and trust in their capacity to transform their lives to break the cycle of homelessness and poverty. Services include:

- Housing assistance
- Prenatal and parenting education program that teaches women about pregnancy and birth and how to raise a healthy child.
- Intensive on-the-job paid internship that prepares formerly homeless mothers for the workforce.

- Community Technology Center where clients learn computer skills.
- ESL classes
- Mental health services for parents and children.
- On-site drop-in childcare center so parents can meet privately with a counselor, or attend a class or support group.
- Substance abuse services to help parents get into residential and outpatient treatment programs and help them retain custody of their children.
- Family violence prevention services offering therapy and referrals to emergency shelters.
- Immigrant support services, including advocacy with the schools and courts.
- Wellness center featuring yoga classes, massage and chiropractic treatments that help clients reduce stress and adopt healthy lifestyle practices.
- An arts corner where clients use art projects as therapy as well as creative expression.
- Free tax preparation for low income families.

Horizons Unlimited of San Francisco Inc.

440 Potrero Avenue San Francisco, CA 94110 (415) 487-6700 www.horizons-sf.org

Services

Horizons is a youth development and empowerment organization rooted in community service and advocacy. Horizons' primary goal is to engage, educate, and inspire youth. Our target population is primarily high at-risk Latino youth, ages 12 to 26, who reside in the Mission District and throughout the city and county of San Francisco.

Horizons has a broad range of programs including arts education, academics, recreation and sports, counseling, DJ program, substance abuse, violence prevention, and Employment and Entrepreneurship program.

Horizons Unlimited of San Francisco Inc. -Females Against Violence (FAV)

440 Potrero Avenue San Francisco, CA 94110 (415) 487-6700 www.horizons-sf.org

Services

Females Against Violence (FAV) is a peer education program comprised of young women ages 14-17. The young women are paid and trained to become Peer Educators on issues dealing with dating and domestic violence. Graduates then share their knowledge with their peers through educational and prevention presentations at schools and in the larger community.

Horizons Unlimited of San Francisco Inc. -Young Women Arise Project (YWAP)

440 Potrero Avenue San Francisco, CA 94110 (415) 487-6700 www.horizons-sf.org

Services

The Young Women Arise Project (YWAP) provides in-house and school-based counseling *Services* (individual, family and group), educational workshops, recreational and cultural activities, and appropriate community referrals to young women between the ages of 11-17.

Huckleberry Youth Programs Inc.

3310 Geary Boulevard San Francisco, CA 94118 General Information: (415) 668-2622 x 215 Crisis Line San Francisco: (415) 621-2929 Crisis Line Marin: (415) 453-5200 (415) 386-0681 www.huckleberryyouth.org

Services

Our mission is to engage adolescents and their families in San Francisco and Marin Counties in a comprehensive array of quality services addressing prevention and health promotion, crisis intervention, stabilization and growth.

We seek to empower young people to develop and maintain healthy relationships as well as promote their talents, ideas, leadership and health; to assist youth and their families in overcoming the obstacles they may encounter, which can include family concerns, drug and alcohol abuse, mental health challenges, teen pregnancy, sexually transmitted infections, violence, social and economic inequities, and physical and sexual abuse; and to assist clients in navigating complex social welfare, educational and juvenile justice systems.

Huckleberry Youth Programs Inc.: Community Assessment and Referral Center

121 Leavenworth Street San Francisco, CA 94102 (415) 567-8078. 1-800-735-2929 (TTY) www.huckleberryyouth.org

Services

The Community Assessment and Referral Center (CARC) provides a single point of entry for crisis intervention, assessment, service integration and referral of arrested youth. The program provides a setting in which staff from juvenile probation, public health, the sheriff's department, the police department, and community-based organizations work together in the same space to assess and case manage youth who are arrested for a variety of offenses.

The CARC serves young people ages 11-17 arrested for a variety of offenses, including both felonies and misdemeanors. Youth are brought to the CARC in police custody. Once at the CARC, the youth meets with a probation officer for intake, a licensed psychology technician to identify any physical or mental health crisis, and a case manager, who conducts a voluntary assessment. The CARC staff develops a case plan. Youth and their families leave CARC with a new sense of support, opportunity and hope. The CARC case managers have successfully worked with youth to reintegrate them into the schools, arrange for special educational Services, obtain mental health Services. complete community service and probation requirements, and engage the youth in positive social, arts, athletic, and youth development programs.

Huckleberry Youth Programs Inc.: Huckleberry House

1292 Page Street San Francisco, CA 94117 (415) 621-2929 1-800-735-2929 (TTY) www.huckleberryyouth.org

Services

Huckleberry House offers continuous 24-hour crisis services and emergency shelter to high-risk youth between the ages of 11 and 17. Program goals are to alleviate problems of runaway and homeless youth by providing 24-hour crisis intervention and resolution services, reunite the youth with their families, empower youth to identify healthy lifestyle alternatives and develop positive decision-making.

Huckleberry House provides a wide range of mental health services, including: individual, family, parent, and group therapy, family mediation, and crisis

counseling. Family preservation counseling and family mediation counseling addresses current family problems, such as runaway behavior, parental/adolescent conflict, including physical and/or emotional abuse, other family violence among family members living in the household, stress/depression/suicide and substance use/abuse. Youth and their families often begin the process of therapy during the youth's shelter stay and continue with therapy after the youth returns home. In addition, family mediation has proven to be a very beneficial and highly utilized service, reuniting sheltered youth with their families. Our family mediator first focuses on resolving any immediate family crises and then works with families to help them develop long-term conflict resolution strateqies.

Huckleberry Youth Programs Inc.: Huckleberry Youth Services at Cole Street Clinic 555 Cole Street

Sos cole street San Francisco, CA 94117 General: (415)621-2929, 1-800-735-2929 (TTY) Appointments: (415) 386-9398 www.huckleberryyouth.org

Services

Huckleberry Youth Services at Cole Street Clinic (HY-SCS) offers comprehensive, age-appropriate, culturally-sensitive adolescent health Services to high-risk teens, with peer-education including HIV prevention education, peer-counseling, violence prevention/leadership groups, and community outreach serving as major components of the Clinic's programs.

HYSCS provides free/low cost primary health care and sensitive services (birth control options, pregnancy testing, STI testing and treatment).

HYSCS provides individual counseling, psychotherapy and case management services to youth at no charge. Case managers assist youth with job training, employment, educational issues, and choice counseling for pregnant teens and their partners.

Huckleberry Youth Programs Inc. - VIP (Violence Is Preventable) Girls Program

3310 Geary Boulevard San Francisco, CA 94118 (415) 668-2622 x 215 www.huckleberryyouth.org

Services

The Violence Is Preventable (VIP) Girls Project, which began in 1998, is a collaboration among several San Francisco-based youth service agencies committed to assisting young women who are at-risk of becoming victims or perpetrators of violence. The VIP Girls Project provides a continuum of Services to young women, 11-18 years old, from all ethnic backgrounds and all parts of San Francisco. VIP Girls provides counseling, case management, therapy, mentoring, personal development, employment, shelter, family mediation, parenting classes, peer education, and a wide range of other Services to assist these young women and their families in breaking the cycles of violence in their lives. The collaborating agencies have created a referral network which ensures that youth have as many project Services as necessary to support and assist them.

Hunter's Point Community Youth Park

200 Middle Point Road San Francisco, CA 94124 (415) 285-1415

Services

The mission of the Hunters Point Community Youth Park is to enrich the economic, academic and social lives of families in the Bayview Hunters Point community by providing them with educational, recreational and cultural programs. The HPCYF provides much needed Services on school holidays, school development days and every Saturday of the month. The program also provides a breakfast program serving a nutritional meal with an educational component.

Iris Center - Women's Counseling and Recovery Services

333 Valencia Street, Suite 222 San Francisco, CA 94103 (415) 864-2364 www.iriscenter.org

Services

Individual and group counseling for women, including HIV+ women, who want help to stop using drugs and/ or alcohol or want help to continue not using drugs or alcohol.

- Mental health, substance abuse, and HIV counseling, child care, parenting classes, and vocational counseling
- Genesis Program dually (substance abuse and mental disorder) and triply diagnosed (substance abuse, mental health, and HIV) women and their children who are homeless or at risk of becoming homeless.

The Iris Center places special emphasis on populations of women of color, lesbians, and single mothers.

J Japanese Community Youth Council

1237 Van Ness Avenue, Suite 200 San Francisco, CA 94109 (415) 563-8052, (415) 202-7909 www.jcyc.org

Services

Provides emotional and educational counseling, client advocacy, pre-college preparation, assistance with self-sufficiency skills and resources for youth in foster care and out of home placement, and recreational programs. Counseling is offered for the following: domestic violence prevention, substance abuse, education, college preparatory, child care and employment referrals. JCYC administers the Mayor's Youth Employment and Education Program in which high school students find part-time employment at City agencies throughout the school year and in the summer. See listing for "San Francisco YouthWorks" for more information.

La Casa de las Madres

1663 Mission Street, Suite 225 San Francisco, CA 94103 Adult Crisis Line: 1-877-503-1850 Teen Crisis Line: 1-877-923-0700 Counseling and Supportive Services: (415) 503-0500 www.lacasadelasmadres.org

Services

La Casa de las Madres provides domestic violence Services. The service continuum offers emergency residential shelter and community-based services to women, teens, and their children while providing advocacy, counseling, family-based Services, and referrals. The Mission Street office houses two 24 hour crisis phone lines, Drop-In Counseling Center, Teen Program, and Community Education and Outreach Program. Off-site is the Emergency Shelter, Domestic Violence Response Team, Safe Havens Project, Mary Elizabeth Inn Case Management Program, and Safe Housing Project.

All services are free of charge and confidential.

Lavender Youth Recreation & Information Center (LYRIC)

127 Collingwood Street San Francisco, CA 94114 (415) 703-6150 www.lyric.org

Services

LYRIC is a community center for lesbian, gay, bisexual, transgender, queer, and questioning youth. LYRIC offers workshops, trainings, special events, arts, and recreation opportunities focused on Community Building, Education and Economic Development, and Health and Wellness. LYRIC can help youth identify and gain access to various services and resources in the Bay Area such as housing, education, and employment.

Lavender Youth Recreation & Information Center (LYRIC) - Dimensions Health Clinic

3850 17th Street San Francisco, CA 94114 Program Office: (415) 487-7589 Clinic Office: (415) 487-7500 www.lyric.org

Services

Dimensions offers low-cost medical and mental health Services for queer, transgender, and questioning youth, including rapid HIV testing. Dimensions is located at the Castro-Mission Health Center. It is recommended that people call in advance for an appointment. Please state that you are calling for a Dimensions Clinic appointment.

Lavender Youth Recreation & Information Center (LYRIC) - Queer Youth Training Collaborative

127 Collingwood Street San Francisco, CA 94114 (415) 703-6150 x 21 www.lyric.org

Services

The Queer Youth Training Collaborative (QYTC) is LYRIC's paid Internship and Training Program. QYTC provides participants with valuable political education, job readiness/career training, individualized employment/educational goal setting, and a paid work experience. Internships are either in-house or at one of LYRIC's many non-profit placement sites throughout San Francisco. During an internship, youth can learn about many topics, including radio production, filmmaking, queer history, anti-violence work, HIV prevention, peer-based support and a variety of anti-oppression issues.

Lavender Youth Recreation & Information Center (LYRIC) - LYRIC Youth Space

127 Collingwood Street San Francisco, CA 94114 (415) 703-6150 x 15 www.lyric.org

Services

LYRIC Youth Space (LYS) is a drop-in program that provides a safe space for youth to meet, hang-out, learn, and build community. During free time, youth can hang-out, eat a snack, and have access to a phone, the internet, and resource/referral information. During activity time, youth can take part in art activities (spoken word, 'zine-making, etc.), movie nights, community forums, and fieldtrips.

Legal Services for Children

1254 Market Street, 3rd Floor San Francisco, CA 94102 (415) 863-3762 www.lsc-sf.org

Services

Provides free legal and social services to children and youth under 18 years of age. Advocacy and support for adolescent girls ages 12-17 who are at-risk for, or impacted by, exposure to abuse, violence or harassment, involvement in prostitution, substance use, and lack of access to medical or mental health care.

Legal Services for Children -Queer Youth Project

1254 Market Street, 3rd Floor San Francisco, CA 94102 (415) 863-3762 www.lsc-sf.org

Services

The Queer Youth Project provides legal services that positively impact lesbian, gay, bisexual, transgender, and questioning youth needs for shelter, education, and support.

Legal Services for Children - Young Women's Empowerment Project (YWEP)

1254 Market Street, 3rd Floor San Francisco, CA 94102 (415) 863-3762 www.lsc-sf.org

Services

YWEP provides gender sensitive advocacy and support to high risk young women and girls to ensure their safety, stability, and self-determination.

Legal Services for Prisoners with Children

1540 Market Street, Suite 490 San Francisco, CA 94102 (415) 255-7036, press "0" for general information www.prisonerswithchildren.org

Services

LSPC advocates for the human rights and empowerment of incarcerated parents, children, family members and people at risk for incarceration. We respond to requests for information, trainings, technical assistance, litigation, community activism and the development of more advocates. Our focus is on women prisoners and their families, and we emphasize that issues of race are central to any discussion of incarceration.

Loco Bloco

3543 18th Street, #20 San Francisco, CA 94110 (415) 864-LOCO (5626) www.locobloco.org

Services

Loco Bloco is a youth development organization with the mission of promoting San Francisco youth's healthy transition into adulthood by engaging them in the creation and performance of music, dance and theater traditions reflecting the cultural diversity of the Americas. Loco Bloco encourages its youth to use multicultural art forms as a tool for their own empowerment and as a catalyst to help them overcome discrimination and bring about change in their communities.

Loco Bloco provides youth with free, high-quality percussion, dance, visual arts, theater arts, stilt walking, civic engagement, youth leadership training, and physical and mental health education.

Μ

Mayor of San Francisco

City Hall, Room 200 1 Dr. Carlton B. Goodlett Place San Francisco, CA 94102 (415) 554-6141 www.sfgov.org/mayor

Services

The Mayor authors the City budget each fiscal year which allows for funding of City departments and activities. The Mayor appoints people to positions in the city government, occasionally with the consent of the Board of Supervisors. S/he also signs legislation into law. The Mayor may also veto legislation and return it to the Board of Supervisors for revision. If there is a vacancy on the Board of Supervisors or another elected office, the Mayor appoints a replacement to fill the vacancy. The Mayor also appoints Commissioners to the more than 50 citizen-driven Commissions that oversee City departments.

The Mayor of San Francisco has numerous special committees and projects. Further information can be found at: www.sfgov.org/site/mayor

Mayor's Office of Neighborhood Services (MONS)

City Hall, Room 160 1 Dr. Carlton B. Goodlett Place San Francisco, CA 94102 (415) 554-7111 www.sfgov.org/mons

Services

MONS is dedicated to helping the citizens of the City & County of San Francisco receive the highest levels of service possible from all areas of City government. Our district and community liaisons work to ensure that the Mayor's Office is involved with helping to improve the quality of life for all San Francisco residents.

Mission Child Care Consortium

4750 Mission Street San Francisco, CA 94112 (415) 586-6139

Services

Mission Child Care Consortium runs a child care center for low-income Bay Area children that provides developmental, educational, and recreational activities in a bilingual, and cross-cultural environment. Parents must be working or enrolled in a government job training program, and priority is given to children in protective custody or whose parents are on CalWORKS.

Mission Neighborhood Centers

362 Capp Street San Francisco, CA 94110 (415) 206-7747 www.mncsf.org

Services

Mission Neighborhood Centers strives to improve the quality of life in the greater Mission community of San Francisco by providing culturally sensitive human services that both support and empower individuals and families at various locations. This includes recreation, education, and case management services for youth.

Mission Neighborhood Centers -Mission Girls

3007 24th Street San Francisco, CA 94110 (415) 648-5196 www.mncsf.org

Services

Mission Girls after school and summer programs provide a safe girls-only space designed to build selfesteem, enhance school performance, and educate and empower young women to make positive choices in their lives.

In addition to daily homework assistance, Mission Girls provides weekly enrichment activities including journal writing, reading groups, creative writing workshops, career exploration, health education workshops, cooking classes, sports and fitness, cultural arts & crafts, ethnic dance and participation in cultural community events and outings.

Mission Neighborhood Centers -Real Arising Issues Creating Empowered Students (RAICES)

3720 24th Street San Francisco, CA 94110 (415) 648-2826 www.mncsf.org

Services

Real Arising Issues Creating Empowered Students (RAICES) is a prevention and public awareness program targeting young women. The project implements three 14-week cycles of violence prevention curriculum in the San Francisco Unified School District which includes healthy relationships, forms of abuse, definitions of rape, and available resources.

0

Oasis for Girls

1129 Folsom Street San Francisco, CA 94103 (415) 701-7991 www.sfoasis.org

Services

Located in San Francisco's South of Market neighborhood, Oasis For Girls is a center for girls and young women ages 11-24. Oasis aims to fulfill the life cycle of a girl from middle school through high school, and slightly beyond - through interdisciplinary programming that builds on each step of the way through a girl's development. Oasis provides culturally relevant and gender specific Arts and Arts Education, Leadership Development, and Life Skills Education programs that support the growth of low-income and immigrant girls and young women of color in urban communities. Some of the programs are offered to specific age groups, while others are open to all girls to build on Oasis's mentorship model.

R

Recreation and Parks Department (RPD)

The San Francisco Recreation and Parks Department has numerous programs specifically for girls and youth such as volleyball, swimming, golf, dance, and art programs.

Check out their website

(www.sfreconline.org or www.parks.sfgov.org) or call (415) 831-6313 for detailed information.

To register for activities you must sign up for a onetime family account. Family account forms can be found at:

Richmond Recreation Center 251 18th Avenue @ Clement Street (415) 666-7020

Joe DiMaggio Playground 651 Lombard Street @ Mason Street (415) 391-0437

Eureka Valley Recreation Center 100 Collingwood Street @ 18th Street (415) 831-6810

SOMA/Eugene Friend Recreation Center 270 6th Street @ Folsom Street (415) 554-9532

Glen Park Recreation Center 70 Elk Street @ Chenery Street (415) 337-4705

Mission Recreation Center 2450 Harrison Street @ 20th Street (415) 695-5014

Palega Recreation Center 500 Felton Street @ Holyoke Street (415) 468-2875

Sunset Recreation Center 2201 Lawton Street @ 29th Avenue (415) 753-7098 Kezar Pavilion 755 Stanyan Street (415) 831-6300

Randall Museum (closed Mondays) 199 Museum Way (415) 554-9600

McLaren Lodge 501 Stanyan Street (415) 831-6800

RPD: All Girl Baseball Division of the San Francisco Youth Baseball League

St. Mary's Recreation Center 95 Justin Drive San Francisco, CA 94112 (415) 695-5006 www.sfreconline.org, www.parks.sfgov.org

Services

The league has offerings for all different age groups: Coach Pitching: 1st-2nd graders Kids Pitching: 4th-6th graders Girls Pitching: 6th-8th graders

No experience necessary-just bring your enthusiasm!

RPD: Arts, Music, and Dance Programs

Various Locations (415) 831-2700 www.sfreconline.org, www.parks.sfgov.org

Services

The Recreation and Parks Department offers a range of arts and crafts, music, and performing arts classes, such as jewelry making, ceramics, hip hop, jazz, theater, piano, and guitar. Check out their website or contact the Department for more information.

RPD: Christopher Girls Softball League, 10 and Under Division

Games played at Christopher Ball Field 5210 Diamond Heights Boulevard San Francisco, CA 94131 (415) 695-5000 www.sfreconline.org, www.parks.sfgov.org

Services

All players will be registered with the American Softball Association (ASA) and may be covered by ASA insurance options. Contact the League for an interest form.

RPD: Glen Park's Free Beginner's Volleyball League

Glen Park Recreation Center (Practices) 70 Elk Street San Francisco, CA 94131 (415) 337-4705 www.sfreconline.org, www.parks.sfgov.org

Services Beginning volleyball for girls.

RPD: MacCanDo -Tenderloin Youth Track Club

Kezar Stadium 755 Stanyan Street San Francisco, CA 94117 (510) 375-2380 www.parks.sfgov.org

Services

MacCanDo Tenderloin Youth Track is a non-profit program formed to help at-risk children and 5-16 years of age who primarily live in San Francisco's Tenderloin District. The Club provides a safe environment for children to help them reach their full potential as individual athletes and as a team member. The goal of the club is to help children build confidence and self- esteem, improve physical health, and have fun. The program offers track practice sessions, tutoring, prevention and wellness workshops, and access to local/regional/national competition events. Preparation for athletes includes: weekly track practice, bi-weekly team meetings, and individual goal setting.

Track Events are 100m, 200m, 400m, 800m, 1,500m or longer. Field events include the long jump, mini-javelin, triple jump, high jump, and shot put.

RPD: San Francisco Swimming Pools

Balboa Pool Coffman Pool Garfield Pool King Pool Mission Pool North Beach Pool Rossi Pool Sava Pool (closed June 15, 2007 for construction. Anticipated opening: late 2009) (415) 831-2700 sfreconline@sfgov.org www.sfreconline.org, www.parks.sfgov.org Youth 17 and under pay \$1 for open swim, call or see website for class information

Services

Pools offer different classes and open swim times.

RPD: SF Merionettes Swim Team

Balboa Pool 51 Havelock Street San Francisco, CA 94112 (415) 273-5402 www.sf-merionettes.org

Services

Beginning and competitive programs for girls and boys. New swimmers can start with the basic program and then progress to the competitive program.

RPD: SF Merionettes Synchronized Swim Club Summer Program

Balboa Pool 51 Havelock Street San Francisco, CA 94112 (415) 273-5402 www.sf-merionettes.org

Services

The San Francisco Merionettes Synchronized Swim Club offers a 7 week, 14 session summer program for children interested in exploring the sport of synchronized swimming.

RPD: Women and Girls Sports Programs

Kezar Pavilion 755 Stanyan Street San Francisco, CA 94117

McLaren Lodge in Golden Gate Park 501 Stanyan Street San Francisco, CA 94117 (415) 831-6313 www.sfreconline.org, www.parks.sfgov.org

Services

The Recreation and Parks Department offers a variety of sports programs for girls and women in different neighborhoods. The programs host teams, tournaments, and citywide events.



The Sage Project

1385 Mission Street, Suite 300 San Francisco, CA 94103 (415) 554-9977 www.sagesf.org

Services

The mission of the SAGE Project is to improve the lives of individuals victimized by, or at risk for sexual

exploitation, violence and prostitution through trauma recovery *Services*, substance abuse treatment, vocational training, housing assistance, and legal advocacy.

The Sage Project -Family Preservation Program

1385 Mission Street, Suite 300 San Francisco, CA 94103 (415) 905-5050 or (415) 505-6811 www.sagesf.org

Services

The Family Preservation Program focuses on improving family dynamics and supporting families in healing, in order to create safe shelter and options for youth. We work on building new coping mechanisms, improving communication skills, addressing problems in family dynamics, and identifying goals to help create a healthier environment. We are also glad to assist family members in finding social *Services* and medical referrals.

The Sage Project - In-Custody Program

1385 Mission Street, Suite 300 San Francisco, CA 94103 (415) 905-5050 or (415) 505-6811 www.sagesf.org

Services

The In-Custody Program operates through Juvenile Hall. We provide weekly groups, conduct assessments for domestic violence and sexual exploitation, and work on relationship issues, family problems, and anger management. We provide some individual case management for girls in-custody, and see some only through groups. We also do assessments to identify whether clients are eligible for Victims' Compensation funds. We also offer groups to girls in the jail system addressing run-away prevention, trauma, and sexual exploitation.

The Sage Project - Life Skills Program

1385 Mission Street, Suite 300 San Francisco, CA 94103 (415) 905-5050 or (415) 505-6811 www.sagesf.org

Services

The Life Skills Program is an out of custody program for girls who have experienced sexual exploitation. Typically youth participate in the Life Skills program for 6-14 months. SAGE Youth Program staff provide individual case management weekly, initially through an Intake Case Manager, and then through referrals specific to substance abuse, sexual exploitation, or family preservation. We also offer ongoing groups addressing substance abuse, relationships, sexual exploitation, neighborhood safety, work and vocational preparation, anger management, recognizing perpetrators and communication.

San Francisco Beacon Initiative: Bavview Beacon Center

Gloria R. Davis Middle School 1195 Hudson Avenue San Francisco, CA 94124

El Dorado Elementary School 70 Delta Street San Francisco, CA 94134

George Washington Carver Elementary School 1360 Oakdale Avenue San Francisco, CA 94124

Thurgood Marshall High School 45 Conkling San Francisco, CA 94124 (415) 695-5416 www.sfbeacon.org

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The Bayview Beacon Center offers the following programs for children and youth:

Education:

- Academic Enrichment
- Homework Center
- Writing Skills
- Math Skills
- Oral Reading
- Group Reading
- Library Media Center
- Skill Building
- Computer Power
- Juvenile Probation Tutorial
- Math 2001

Career:

- Video
- Vocational Training
- Kid's Cafe
- Career Exploration

Leadership:

- Youth Leadership Council
- Youth Self-Esteem Class
- Latina Mentorship Class
- Unity

Health:

- Fitness
- Life Skills
- Cooking Program

Arts & Recreation:

- Choir
- Pacific Island Dancers
- Loco Bloco
- Spring Camp
- Make A Circus
- Dance
- Dressing Up From the Inside Out
- Art (Drawing)
- Spring Camp
- Photography
- Poetry
- Flag Football
- Basketball

San Francisco Beacon Initiative: Chinatown Beacon Center

Gordon J. Lau Elementary 950 Clay Street San Francisco, CA 94108 (415) 982-0615 www.sfbeacon.org

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The Chinatown Beacon Center offers the following programs for children and youth:

Education:

- ACE Program
- Homework Center
- Beginning Computer
- Child Development Program

Career:

- Web Design
- MYEEP
- Summer Internship Program

Leadership:

- Nite Lites (Youth Advisory Council)
- Summer Adventure Camp Counselor-In-Training

Health:

- FRIDAY Night (Adolescent Girls Group)
- B(eacon) Boys (Adoloescent Boys Group)
- Lunch Bunch

Arts & Recreation:

- Thrilling Thursdays: Drama, Art, American Sign Language, Sports
- Middle School Club: Hip Hop Dance, Videomaking, Kung Fu & more
- Summer Adventure Camp (6 -10 yr. olds)
- Summer Challenge (11-14 yr. olds)

San Francisco Beacon Initiative: Mission/Community Bridges Beacon

Everett Middle School 450 Church Street San Francisco, CA 94114 (415) 626-5222 www.sfbeacon.org

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The Mission/Community Bridges Beacon offers the following programs for children and youth:

Education:

- Help With Elementary Reading
- Algebra Help
- Study Hall
- Computer Class
- After School Learning Academy
- Summer School

Career:

- School to Career
- GEP Entrepreneurship
- ESL Tutoring

Leadership:

- Youth Leadership Council
- Youth Leadership Academy
- Changemakers
- After School Learning Academy-Lions
- Youth Impact
- Kid Power
- BOSS Summer Interns

Health:

- Girls' Take Charge
- Youth Learning to Overcome Criminalization
- Talking Circles

Arts & Recreation:

- Urban Artworks
- Magical Creations
- Soccer
- Un Poco Loco Drum & Dance Ensemble
- Graffiti Arts
- Poetry
- Photography
- Theatre Academy
- Youth in Video
- Theater Arts

San Francisco Beacon Initiative: OMI/Excelsior Neighborhood Beacon Center

James Denman Middle School 241 Oneida Avenue San Francisco, CA 94112

Excelsior Middle School 325 La Grande Avenue San Francisco, CA 94112 (415) 406-1290 www.sfbeacon.org

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The OMI/Excelsior Neighborhood Beacon Center offers the following programs for children and youth:

Education:

- Remembering Our Ancestors
- Integrated Literacy
- Streetside Stories
- Graphic Magic
- Peer Tutoring
- Individual & Group Tutoring
- Project Achieve
- Academic Coaching
- Experiments Club
- Open Computer Lab
- The Way Things Work
- Pow! Comic Books
- Zine

Career:

- Web Design
- MYEEP
- Summer Internship Program

Leadership:

- Youth Power
- Beacon Youth Leadership
- Conflict Managers
- Peer Tutors

Health:

- Healthy Teens
- Hip Hop Nutrition
- Teen Chaos
- Cardio/Endurance Conditioning
- Cooking Around the World
- Substance Abuse Prevention/Healthy Decision Making

Arts & Recreation:

- Beacon Initiative Team Football
- Lunch Kicks
- Softball
- Drama & Improv
- Body Casting
- Crazy Cool Arts & Crafts
- Girls Combo Sports
- Sports Mix
- Boy's Basketball
- Drama
- Dance Choreography
- Jazz/Hip Hop
- YES

San Francisco Beacon Initiative: Richmond Village Beacon

George Washington High School 600 32nd Avenue San Francisco, CA 94121 (415) 750-8554 www.sfbeacon.org

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The Richmond Village Beacon offers the following programs for children and youth:

Education:

- One-to-One Tutoring
- BSU Tutoring
- Technology Education
- Open Computer Lab
- Homework Rooms
- Mighty Panthers After School Program @
 Presidio Middle School

Career:

- College and Career Center
- Youth Employment Services
- YouthCares Intergenerational

Leadership:

- Beacon Teen Advisory Board
- Black Student Union
- Latino Club
- go/Gay Straight Alliance
- Revolutionary Minds
- Young Men's Club
- Young Women's Club

Health:

- Friday Night Teen Center
- Lunch Recreation
- Rock Climbing Club
- Teen Center
- Yoga

Arts & Media:

- Articulate Creatures of the Elements
- Break Dancing
- DJ Program
- Hip Hop
- Media Arts Academy
- Video Production
- YouthCares Oral History Project

San Francisco Beacon Initiative: Sunset Neighborhood Beacon Center

Beacon Center Location: Sunset Neighborhood Beacon Center 3925 Noriega Street San Francisco, CA 94122 www.sfbeacon.org

A.P. Giannini Middle School 3151 Ortega Street San Francisco, CA 94122

Francis Scott Key Elementary School 1530 - 43rd Avenue San Francisco, CA 94122 Sunset Elementary School 1920 - 41st Avenue San Francisco, CA 94122

Ulloa Elementary School 2650 - 42nd Avenue San Francisco, CA 94116 (415) 759-3690

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The Sunset Neighborhood Beacon Center offers the following programs for children and youth:

- Homework Tutorial
- Academic Support
- Enrichment Activities (e.g. Arts and Sports)
- Murals
- DJ Club
- Business Club
- Newsletter Creation
- Games
- Urban Dance
- Computer Classes
- Juvenile Justice Case Management for At-Risk Youth

San Francisco Beacon Initiative: Visitacion Valley Community Beacon

(415) 452-4907 www.sfbeacon.org

Visitacion Valley Middle School 450 Raymond Avenue San Francisco, CA 94134

Visitacion Valley Elementary School 55 Schwerin Street San Francisco, CA 94134

E.R. Taylor Elementary School 423 Burrows Street San Francisco, so CA 94134

Thurgood Marshall High School 45 Conkling San Francisco, CA 94124

Balboa High School 1000 Cayuga Avenue San Francisco, CA 94112

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, services and activities that promote the healthy development of children, youth, families and communities.

The Visitacion Valley Community Beacon offers the following programs for children and youth:

Education:

- Tutoring
- College Bound
- Technology Literacy
- Science Club

Career:

- MYEEP
- NFTE
- School Store

Health:

- Cooking
- Health Education
- Roots
- School Care Team
- Case Management

Leadership:

- GASA
- Peer Court
- Teacher's Assistant
- Open Recreation Assistant

Arts & Recreation:

- Arts and Crafts
- Break Dancing
- Media Project
- R.O.C.K.
- Hip Hop Dance
- Flag Football
- DJ Club
- Mural Project
- Basketball
- Drama

San Francisco Beacon Initiative: Western Addition Beacon Center

(415) 749-2714 www.sfbeacon.org

John Muir Elementary School 380 Webster Street, Room 21 San Francisco, CA 94117 Raoul Wallenberg Traditional High School 40 Vega Street, Bungalow 100 San Francisco, CA 94115

Services

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in our public schools. The goal of the Initiative is to offer opportunities, *Services* and activities that promote the healthy development of children, youth, families and communities.

The Western Addition Beacon Center offers the following programs for children and youth:

Education:

- Tutoring
- College Bound
- Technology Literacy
- Science Club

Career:

- MYEEP
- NFTE
- School Store

Leadership:

- GASA
- Peer Court
- Teacher's Assistant
- Open Recreation Assistant

Health:

- Cooking
- Health Education
- Roots
- School Care Team
- Case Management

Arts & Recreation:

- · Arts and Crafts
- Break Dancing
- Media Project
- R.O.C.K.
- Hip Hop Dance
- Flag Football
- DJ Club
- Mural Project
- Basketball
- Drama

San Francisco Youthworks

1596 Post Street San Francisco, CA 94109 (415) 202-7911 www.sfyouthworks.org

Services

San Francisco YouthWorks, a program of the Department of Children, Youth, and Their Families and the Japanese Community Youth Council, provides young people with the opportunity to explore a City government career and learn basic job skills in a supportive environment. Participants engage in paid careeroriented internships in one of over 30 departments of the City & County of San Francisco. In addition to their internship, participants are able to access ongoing Career Development Workshops and leadership opportunities through the Youth Leadership Team, as well as fun and educational events. YouthWorks serves over 350 10th, 11th, and 12th grade San Francisco high school students each year.

South of Market Community Action Network (SOMCAN)

965 Mission Street, #220 San Francisco, CA 94103 (415) 348-1945 www.somcan.org

Services

SOMCAN is committed to serving the needs of youth, seniors, veterans, the Filipino community, low-income residents, and the homeless in the South of Market neighborhood.

Tall Ship Education Academy

Recreation & Leisure Studies Department 1600 Holloway Avenue San Francisco, CA 94132-4161 (415) 405-3703 www.tallshipacademy.org

Services

Tall Ship is an academic program based in San Francisco that uses sail training vessels as a platform for experience-based learning and personal growth. Our programs focus on high school girls but include others that enroll students of all ages. Programs include the Tall Ship Semester for Girls and Girls Summer at Sea.

TURF - Music Studio Program

1652 Sunnydale Avenue San Francisco, CA 94134 (415) 584-6099 sistavalley.piczo.com

Services

TURF's Music Studio offers training in song writing, studio equipment operation, music business, digital audio production, and audio editing using state of the art music production. Based in the Willie L. Brown, Jr. Center the program uses music and recording as a means to teach youth about careers in music and digital technology, the value of teamwork, and real skills in digital media technology.

All TURF programs include computer lab training.

TURF - Sista Valley Girls Support Program

1652 Sunnydale Avenue San Francisco, CA 94134 (415) 584-6099 <u>sistavalley.piczo.com</u>

Services

TURF's Girls Group offers educational planning and support, violence prevention, health and family education, leadership development for young women. Girls participate in educational planning, conflict resolution, homework assistance, and home economics.

All TURF programs include computer lab training.



Visitacion Valley Community Center

50 Raymond Avenue San Francisco, CA 94134 (415) 467-2341

Services The Community Center offers a wide range of programs:

Children:

- Child care
- Preschool
- After school/summer care with meals and snacks

Youth:

- Employment programs
- Recreation programs
- Beacon Center programs

Adult:

- ESL and citizenship classes
- · Parenting and parent involvement classes
- Machine sewing and tailoring
- Ceramics

Senior Citizens:

• Meals

Resource Center:

- Lectures and films
- Arts & crafts/ceramics

W

Westside Community Mental Health Center

- TeenCORE 1140 Oak Street San Francisco, CA 94117 (415) 431-8252 www.westside-health.org

Services

The TeenCORE program gives adolescent girls the knowledge and strategies to achieve and maintain good behavioral health.

- The program brings together groups of girls to participate and share, developing identity as a group and build positive, supportive relationships under the guidance and support of a TeenCORE leader.
- Through all activities and individual time spent with the TeenCORE staff, the girls increase their knowledge about stress management, mental health and substance abuse prevention, pregnancy and STD prevention strategies.
- Throughout the school year, most Services are delivered at school; during the summer, girls participate in groups and activities based at 1140 Oak Street, the main site of Westside Community Mental Health Center's Child, Youth and Family Program.
- Transportation is provided for those who need it to assure that girls can participate in the program.

Women, Infants, and Children Supplemental Nutrition Program (WIC)

Administrative: Department of Public Health 30 Van Ness Avenue, Suite 220 San Francisco, CA 94102 (415) 575-5788 www.sfdph.org/dph/comupg/oprograms/PHP/WIC.asp

WIC sites:

San Francisco General Hospital - (415) 206-5494 Silver Avenue Family Health Center - (415) 715-0324 Chinatown Public Health Center - (415) 364-7654 St. Luke's Hospital - (415) 821-0123 Southeast Health Center - (415) 671-7059

Services

- · Quality nutrition education and services
- Nutritious supplemental foods
- · Breastfeeding promotion and education
- Referral to health care services

Call individual WIC Program site for an appointment.



Youth Commission (City and County of San Francisco)

1 Dr. Carlton B. Goodlett Place, Room 345 San Francisco, CA 94102 (415) 554-6446 www.sfgov.org/site/youth commission

Services

The Youth Commission is a diverse group of 17 young people between the ages of 12 and 23. Members come from all across the City to serve as the official youth voice at City Hall. They are appointed by the San Francisco Board of Supervisors and the Mayor to actively participate in local government to make sure the young people have a role and a voice in the policy and budget decisions that impact their lives.

Youth Justice Institute (formerly Girls Justice Initiative)

375 Woodside Avenue, Bldg. W2 San Francisco, CA 94127 (415) 753-7625 www.yjinstitute.org

Services

The mission of the Youth Justice Institute (YJI) is to effectively address the needs of juvenile systeminvolved youth so they transition into healthy adults. We accomplish this through direct service, information sharing, partnerships, and advancing the knowledge of what works. Youth are referred to YJI from the Probation Department, Parole Department, or Juvenile Hall.

YWCA of San Francisco and Marin

Programs Office 620 Sutter Street, 7th Floor San Francisco, CA 94112 (415) 775-6502 www.ywcasf-marin.org

Association Office YWCA Chinatown Youth San Francisco, CA 94108

YWCA Computer Learning Center 940 Powell Street San Francisco, CA 94108

YWCA Apartments 940 Powell Street San Francisco, CA 94108

Services

Provides preventative and intervention services to youth, especially those "at risk" in San Francisco and Marin.

Chinatown Youth Programs:

- Bilingual After School
- Computer lab
- Multicultural enrichment, intergenerational activities, and field trips
- Computer Learning Center
- One-on-One training
- Introduction to Computers
- Introduction to Windows XP
- Introduction to Microsoft Office Software
- Introduction to Internet

YWCA of San Francisco and Marin -Come Into the Sun Program

271 Austin Street San Francisco, CA 94109 (415) 775-6502 www.ywca.org

Services

YWCA Come into the Sun serves girls and young women in San Francisco and Marin who are caught up in the juvenile justice system or who are at-risk of involvement. CITS addresses the special needs of this invisible population. Services include mentoring, counseling, tutoring, leadership development, group activities, family support services, case management, and aftercare.

Any Changes?

We have done our best to create a comprehensive and up-todate *Service Directory for Girls*. If you find any changes or additions please fill out and fax this page to the Department on the Status of Women at (415) 252-2575.

Organization Name	
Address	
Phone	
Finite	
Email	
Website	
Services	

by Eileen Z. Li

Don't be mad if I beat you on the court or in the field playing ball. The truth is, I can win In my jeweled high heels, trendy low-cut blouse And tight low-rise jeans, And still keep my perm and up-do fabulous Without even breaking a sweat Or messing up my makeup, On ANY day of the month.

* * * *

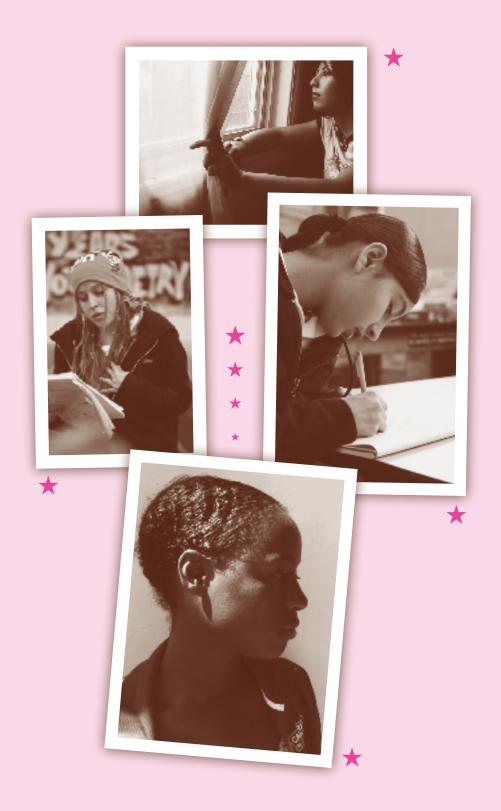
I look through my Vogue, but the only feeling I get is of pity, not envy.
What turned these women into such sticks and bones?
They're so weak!
It's not beautiful anymore.
Don't they know, beauty is measured by health, not by the tiny weight.

Notes

by Eileen Z. Li

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ART BEAUTY ENJOYMENT FAMILY FRIENDS HAPPINESS HEALTH HOBBIES INDEPENDENCE LAUGHTER LEARNING LOVE MOTIVATION MUSIC PASSION POWER RESPONSIBILITY SAFETY SUCCESS SHOPPING SMILES SPORTS





Fiona Ma

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