



Coalition on *Urban Girls*
CHICAGO



“Girls in the City”

**Resource Guide
South Side Edition**

THE COALITION ON URBAN GIRLS - CHICAGO



THE COALITION ON URBAN GIRLS - CHICAGO PARTICIPATING ORGANIZATIONS

Chicago Public Schools - (FACE) Chicago Lakeshore Hospital Chicago Sky -WNBA
Demoiselle 2 Femme, NFP - Diamond in the Rough Girl Scouts Greater Chicago/Northwest
Indiana Girls Like Me Project - Global Girls, Inc. - House of Prima Donnas IDHS-Teen Parent
Services South Human Resource Development Institute (HRDI) - Lake Shore Hospital
Lurie Children's Hospital of Chicago - Mercy Home for Boys and Girls - My Sister Keeper
Northwestern University/ARCC - Polished Pebbles Salvation Army - "Stop It" Program
South Side Help Center - She's All That! Women's Health Foundation

Welcome

An Open Letter to the Girls

Hey Girls! The Coalition on Urban Girls - Chicago (CUG) is thrilled to present to you, the "Girls in the City" South Side Edition Resource Guide. It took two years to create the guide which provides valuable and timely information for beautiful girls like you on the South Side of one of the greatest cities in the world, Chicago. We had you in mind when this book was created! It's not always easy growing up as a young lady and we hope the Guide serves as a tool to help you successfully navigate the terrain of young womanhood.

This is your book. It's all about you! It reflects your community, includes images of girls like you, and contains loads of awesome information. Keep it in your room and read it in your spare time. Take it to school with you and read it when you finish school work early, or share it with your friends at lunch. Flip through the pages and highlight passages that resonate with you, the agencies you want to contact and the places you want to visit. Read it, discuss it and talk about it. Share information in this guide with your mom, your sisters, your cousins and aunts. But, tell them they have to get their own book because, "This book belongs to me!"

We'll update the book annually online. To receive updates and a chance to be featured in the next edition, register at www.demoiselle2femme.org. Also, feel free to like our Facebook page (The Coalition on Urban Girls), post comments, or send us an email to sscug@demoiselle2femme.org if you have questions.

The Coalition on Urban Girls celebrates your transition into a successful woman!

Table of Contents



A Beautiful You

- *Skin Care 101*
- *Make-Up*
- *Hair Care*
- *Dressed for Success*

Your Reproductive Health

- *Your Beautiful Body*
- *Good Hygiene Below the Belt*
- *Your Menses "Period"*
- *Pre Menstrual Syndrome*
- *Sexually Transmitted Diseases*
- *Teen Pregnancy*
- *Seeing Your Doctor*

Taking Care of You

- *Sleep*
- *Exercise*
- *Eating Well*
- *Fighting Germs*
- *Smoking*
- *Alcohol and Other Drugs*
- *If Your Parent Uses Drugs or Alcohol*
- *Drinking and Driving*

Feel Good About Yourself

- *Self Esteem*
- *Body Image*
- *Depression and How to Deal*
- *Stress and How to Deal*

It's Your World!

- *Finding Your Faith*
- *Healthy Relationships*
- *Peer Pressure and How to Say No*
- *Dealing with Bullies*
- *Staying Safe*
- *Internet Etiquette*

It's Your Future

- *Planning for Your Future*
- *Short and Long Term Goals*
- *Addressing Barriers to Reaching My Goals*
- *Why College?*
- *Choosing a Career*
- *Think Big!*

Resources

- *Arts & Humanities*
- *Education*
- *Employment & Careers*
- *Fitness & Recreation*
- *Food Pantry*
- *Health*
- *Just For Girls*
- *Legal Services*
- *Shelters/Social Services*
- *Colleges & Universities*
- *Hospitals & Health Clinics*



CUG-Chicago

(Coalition on Urban Girls-Chicago)

The Coalition on Urban Girls - Chicago is an alliance of organizations and individuals that advocate to improve the health, safety and wellness of South Side urban girls through comprehensive services, access to resources and initiatives.

The Coalition was founded and convened by Demoiselle2 Femme, NFP, on March 17, 2010 in response to the "Status of Girls in Illinois Report" (released September 10, 2009). In May, 2011 the Coalition completed its evaluation goal and administered more than 400 surveys to girls ages 12-18 in various Southside communities and reached an additional 180 girls through focus groups to determine the health priorities and needs of girls living in distressed communities on Chicago's Southside.

CUG strongly believes in a collective response to address the magnitude of issues faced by urban girls. CUG- Chicago meets monthly on the 3rd Wednesday from 11:00 a.m. to 1:00 p.m. For more info visit www.demoiselle2femme.org/south-side-coalition-on-girls/. Also... like us on Facebook!

Demoiselle2 Femme, NFP

10924 S. Halsted St., Suite 7

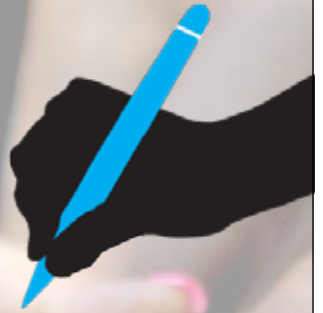
Chicago, IL 60628

Phone: 773-660-1677

Fax: 773-660-1678

info@demoiselle2femme.org

My Girls on the South Side

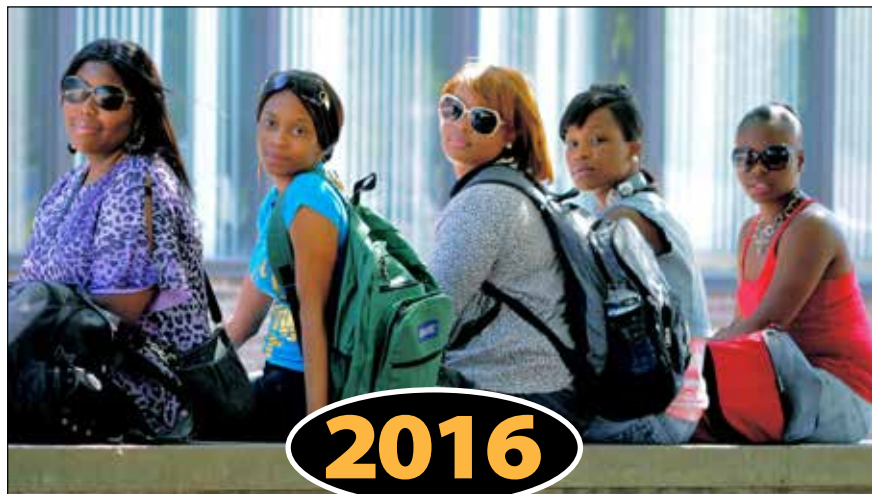






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CHICAGO
SUN-TIMES
BRIGHTONE



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Don't
Be
the



Nationwide, 1 in 4 teenage girls - and even more in our community - are infected with at least one of the most common sexually transmitted diseases, such as HPV - an infection that can cause cancer.

Girl...Know More! Or you just might be **THE ONE!**



Get the Facts:

**Prevention,
Risk Factors,
Diagnosis, Treatment
& Support.**



#GirlKnowMore · www.GirlKnowMore.org

Powered by the South Side Coalition on Urban Girls (SSCUG) and
the U.S. Dept. of Health and Human Services - Office of Minority Health

A Beautiful You



Taking care of a beautiful you inside & out

Hair and Skin Care

Beauty magazines show tons of beautiful girls and women in ads for hair and skin products. But, don't be fooled into thinking you need these products to look your best. Instead, try these time-tested beauty basics, which will keep.

Skin Care 101

- Wash your face regularly using a mild cleanser and warm water. Be gentle, don't scrub hard! Avoid astringents, which can dry out and irritate skin.
- Use only light, water-based moisturizers. Look for one that has SPF 15 or a higher number sunscreen.
- For sensitive skin, try products that say "fragrance-free" or "without perfume."

If you're allowed to wear makeup, use only water-based products that say "non-comedogenic" or "non-acne-genic" on the label. Make sure to take off your makeup before going to bed.

- Drink plenty of water.



- To control acne, try over-the counter products that you can buy without a doctor's order. These products come as gels, lotions, creams, and soaps. Your doctor can treat more serious acne problems.
- Everyone's skin color is created by the amount of melanin in their skin. More melanin means darker skin color; less means lighter skin color. Having lots of melanin gives women of color an added advantage when it comes to how their skin handles sun exposure and how soon the damage becomes visible. Essentially, the more melanin your skin has, the more natural defense your skin has against the sun.

Although the extra melanin is good news for those with darker skin tones, it doesn't mean damage from unprotected sun exposure isn't happening. Purchase products based on skin TYPE (dry, oily, etc.) rather than skin tone.

Beauty Do's and Don'ts

- DO look your age. Heavy makeup hides your young, natural beauty.
- DON'T pop zits. This can cause infections and scars.
- DO wear sunscreen. Protect your skin from the sun to help stop early wrinkles.
- DON'T be hard on yourself. Instead of thinking about what you don't like about your body, love the things that make you unique.

Q Does eating chocolate cause pimples?

A No way- and neither do dirt, fried foods, or sexual activity. Changes in your skin during puberty trigger acne. Stress, your period, picking at or popping your pimples, scrubbing your skin too hard, getting too much sun and using oil-based lotions, make-up, or hair gels can cause breakouts to get worse.



Make-Up Tips

Make-up is a great way to enhance your natural beauty. Everyone has unique facial features and make-up may be used to highlight them. Below are some helpful make-up tips:

- **SKIN DEEP TIP:** Healthy skin is the foundation for great make-up. Be sure to properly cleanse and moisturize your skin daily. Never fall asleep in make-up because it may clog your pores and cause unnecessary breakouts.
- **BROW BASICS TIP:** Great brows start with a great shape. The beginning of your eyebrows should start directly up from the edge of your nose or tear duct. Your natural arch should start at the center of your pupil. The end of your eyebrow should align with the most outer part of your eye. To tame your eyebrows, brush brows up and over to train your hair to lay flat.
- **EYE CANDY TIP:** Use clear mascara to make your eyelashes pop. It will



j. st. jaimes
Beauty Blogger • Makeup Artist

define your lashes without the extra color. You can also use clear mascara to tame your eyebrows. As age appropriate, choose a volume/lengthening mascara to give your lashes a full and glamorous look. For fuller lashes, coat them with olive oil or vaseline before bedtime and rinse them off in the morning with warm water for about a month.

- **GLOSSY LIPS TIP:** Prior to applying lip gloss be sure to exfoliate your lips. Take a lip balm (Chapstick or Vaseline) and mix it with a little bit of sugar. Apply it to your lips and rub them together. Wait 2 minutes and remove it. Your lips will be exfoliated and moisturized. Then you are free to apply your favorite lip gloss or lip stick.

RULE OF THUMB Makeup is about balance. If you have a bold lip color, it's best to go with neutral or soft eye shadow color.

Q It seems like everyone I know is using make-up. But I don't want to. Why do I feel like I have to wear eye shadow and lipstick to fit in?

A When you feel like you have to act or dress a certain way because everyone else is doing it, that's called "unspoken pressure." It's okay to follow a trend, but being yourself is also cool.



Let's start this touchy topic with one basic assertion.

There is no such thing as "good" or "bad" hair.

There is only healthy and unhealthy hair.

With the understanding that knowledge is power,
we're presenting a few hair care facts so we can
all have beautiful, healthy hair.



- Porosity is the hair's ability to absorb water and chemicals. If porosity is normal, it keeps the hair from absorbing or releasing too much moisture.

- Elasticity is the hair's ability to stretch and return to its normal length. Wet hair should be able to stretch about half of its length without breaking. If your hair's elasticity is low, it will break when stretched.

Tips for taking care of your hair

- Use a gentle shampoo and conditioning treatments to build hair strength and for added moisture.
- Use protein treatments.
- Get regular moisture treatments especially with virgin coconut oil.
- Keep hair moisturized. Healthy hair starts with a healthy body. Hair that is thicker and stronger results from eating a well-balanced diet including lots of fruits and veggies.

Basic Hair Structure

Hair is made up of several parts.

- The cuticle is the outer layer which protects the hair shaft. It is coated with sebum, which gives the hair its shine. The cuticle is made of scale like cells that resemble the shingles on a roof.
- The cortex gives hair its strength, elasticity and texture.
- The hair follicle is the part of the skin that grows the hair.
- Sebaceous glands produce the sebum that coats the cuticle.
- Melanin is the pigment in the cortex that gives hair its color.

All hair has three main properties:

- Moisture is the amount of water contained in the hair's cortex. It is greater in humid areas, and less in drier areas.





Tips to Wearing a Weave Successfully

If you decide to wear a weave, please follow a few basic rules.

- Strive for a natural look with a curl pattern that resembles your natural hair.
- Consult a professional to purchase the best type of hair for your weave.
- It is better to sew in the tracts rather than glue them in. Glue can lead to hair loss or permanent traction alopecia.
- To avoid scalp mold, apply vinegar, tea tree or grapefruit seed oil to the scalp while wearing the weave.
- Sleep on a satin pillowcase and use a scarf to preserve the life of the weave.
- Only wear the weave for a limited time (6 to 8 weeks) before taking it out to care for your natural hair.
- Wigs are a great option to rid the stress that weaves create.

Reference: <http://www.hairfinity.com/black-hair-care>

Picture You...

Dressed for Success!

Can clothes talk? Absolutely! Your clothing can leave an impression on the people who see you. The most important thing to remember is to dress appropriately for the occasion. Think about it, you wouldn't wear a sweat suit and sneakers to a wedding, or a prom dress and spiked heels to the gym! Listed below are descriptions of various types of attire so that you'll know what to wear and when. Whether you're hanging with friends, walking to the corner store, attending a party or preparing for a job interview, you should always represent yourself well!

White Tie Affair: This is the most formal of evening attire. The lady wears a formal floor length evening gown (hits your ankles). The gentleman wears a long black dinner jacket with tails. A white vest is worn over his formal shirt and a white bow tie is also worn.

Black Tie Affair: Most of the 'formal' events in America are Black Tie events. The lady wears a floor length evening gown or tea length dress (hits your calves).

Semi-formal: This attire is dressy, but does not include truly formal attire, such as heavily sequined attire, prom-type dresses or full-skirted ball-gowns. Otherwise, any dressy outfit that suits your style preference and is in good taste is appropriate.



Traditional Business: This attire is for conferences, meetings and some corporate or government jobs. Suitable attire includes: skirt suits or pant suits with formal business blouses or tops, stockings, closed toe and heel leather shoes, and appropriate business Jewelry. Make-up, and perfume should be kept to a minimum (subtle and elegant).

Smart Business: This attire is just a step down from traditional business. Appropriate clothing includes a jacket or dressy sweater, dress pants or skirt, blouse, shirt, top or turtleneck, stockings (optional), dress shoes, and accessories as described in traditional business attire.

Business Casual: While this attire may be relaxed, remember it is not completely CASUAL! Appropriate clothing includes nice pants or skirts, blouses, tops, sweaters, vests, occasionally an informal jacket, and attractive shoes and accessories. Gym shoes, jeans or clothing with holes in it are NOT appropriate!

Casual: This attire includes comfortable pants (jeans and khakis), a sundress, sweater, jacket, blouse, vest, sandals comfortable shorts and gym shoes /sneakers.

Business job interview: it is proper to wear something conservative and non-revealing. Your attire should be: conservative colors (black, dark gray, navy blue, camel or dark brown); blouse (long-sleeve preferably) and plain high heeled shoes. Make-up is very subtle and jewelry is simple. Rule of thumb: When in doubt for the occasion ask someone in charge what you should wear!

NO SLEEPWEAR IN PUBLIC ALERT!

Bonnets, head scarves and pajamas should never be worn in public not even for a quick run to the gas station, corner store or neighborhood park! Wearing sleepwear in public communicate that you're unprepared for the day and would rather be sleeping or relaxing. Make a commitment to NEVER represent yourself this way! You could miss a golden opportunity because you are dressed for bed in public!



Your beautiful body



In this section you'll read about the beautiful commonalities of ALL female bodies. And when you think about it, the design of our curves is really cool!

Your Reproductive Health



Women's Health Foundation

Improving the Pelvic Health and Wellness of Women and Girls

You are Fabulous!

Being a girl is absolutely fabulous! And as complicated as your body may seem, your pelvic anatomy is the essence of what makes you a girl. Knowing your body and keeping it clean and healthy gives you power to be your best self. Nothing is more fabulous than that! So, celebrate the time and attention it takes to honor your body because ... **YOU ONLY GET ONE!**

So let's start with the basics.

In the pelvic area, girl's bodies have three openings. They are:

- The urethra (urinary opening)
- The anus
- The vagina

For girls, puberty is definitely a more complicated and mysterious time than for boys because we can't always see the big changes that are happening to our bodies. But it's really important that we understand our body, and how it works. So let's start with the basics.

Vaginal Hygiene

Here are a few tips that can help you:

- After using the bathroom, always wipe front to back fully drying your vagina and cleaning your anus.
- We recommend washing at least twice daily (morning and evening) with plain warm water and fragrance-free soap. During your period and after strenuous activity you will need to wash more frequently. If you are sexually active, it is extremely important to wash thoroughly after EVERY encounter. Remember, to clean yourself well, not cover-up unpleasant odors with feminine perfumes. Vaginal hygiene products are almost always unnecessary and cause more harm than good. Avoid scented tampons, pads, powders, and spray which may increase your chances of getting a vaginal infection.
- Keep your clothes clean. When you sweat, odors may get trapped in the fabrics you wear. Embarrassing odors are easier to smell on your clothes than on your body. So, be sure to keep your garments fresh and clean.
- Get a good look at yourself by using a mirror to explore the folds between your inner and outer labia. Those areas require more attention when washing. If you are concerned about apersistent So, be sure to keep yourgarments fresh and clean. odor, talk to your parents or a responsible adult and consult a doctor immediately.



Q I hear people call parts of a woman's body names that I don't understand. How do I know the right terms to use?

A You're right. There are many slang words people use for the parts of a woman's body. You may hear them used by kids at school and even on TV, in movies, or in some of your favorite songs. Some of these terms can be really negative and even make you feel ashamed about your body. You need to use the right names for sexual organs for two reasons: to be respectful of a woman's body and to be able to talk about any problems with your doctor.

Vagina - The vagina is a muscular passage that leads down from the cervix to the outside of the body.

Ovary - Women have two ovaries, which have eggs (ova) and make female hormones. One of the ovaries lets go of an egg about once each month as part of the menstrual cycle. This is called ovulation.

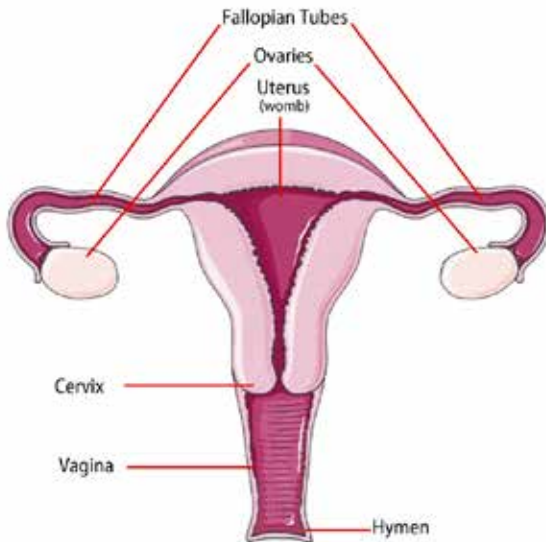
Fallopian tube - When an egg is released it travels through the fallopian tube toward the uterus.

Fertilization - This happens when a man's sperm and a woman's egg join together. This usually happens in the fallopian tube.

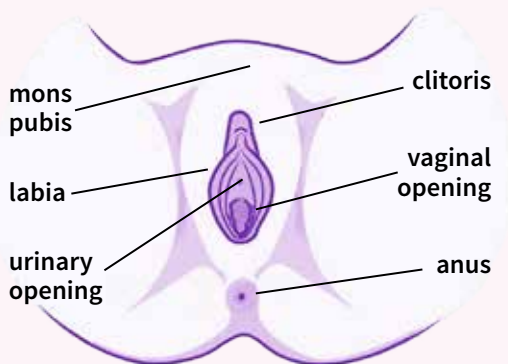
Uterus - The uterus is a pear-shaped, hollow organ where a baby grows during pregnancy. The lining of the uterus is called the endometrium. This lining is shed during a woman's period. Eggs that are not fertilized are shed along with the lining of the uterus.

Cervix - The cervix is a slim entrance between the vagina and the uterus. The muscles of the cervix are flexible so that it can expand to let a baby pass through during birth.

Hymen - The hymen is a thin piece of tissue that covers the opening of the vagina. This tissue can be broken through with the first sexual intercourse.



Taking care of your reproductive health



Outside of the body, the entrance to the vagina is covered by the vulva, which has five parts: mons pubis, labia, clitoris, urinary opening and vaginal opening.

Know your breasts



Every girl's breasts are different in shape, size, and in color. Throughout puberty, you might see or feel lumps and other changes in your breasts. During your period, they may even feel a little tender or sore. Most of the changes your breasts will go through are normal. Let your doctor know if you find a lump or have a pain that you are not sure about. Keep in mind, harmless lumps are common in young women.

Your Period/ mensus

With the start of puberty proper hygiene becomes more important. Your vagina emits a discharge called cervical fluid that may stain your underwear. This is a normal part of a female's reproductive cycle, indicating the start of your period (also known as mensus)- the 3-7 days a month when your body sheds the bloody uterine lining. If you have already started menstruating, here are a few tips to help you manage your monthly cycle:

- Wear Cotton. Wearing cotton panties will help minimize the possibility of odors and infections that may result due to the moisture in your panties.
- Regularly Change Your Feminine Hygiene Products. If you have already begun menstruating (that's the 5 days a month when your body sheds the bloody uterine lining), you can avoid embarrassing accidents by regularly changing your sanitary nakins or tampons. This will also help you to feel fresher throughout the day.
- Keep a Calendar. Avoid being caught off-guard by keeping track of your cycle on a calendar. To calculate when to expect your period, count 28 days from the first day (day 1) of your last period. You will need to know this to monitor your body and for doctor check-ups.
- Go with the Flow. For some young ladies, getting your period may mean really painful cramps. Sometimes you may need to rest, but don't make a habit of letting your period sideline you. Staying active may actually help you feel better.



- Carry a Girl Pack. Your girl pack should contain clean undies, a small wash cloth, and a variety of sanitary products in different shapes, sizes and absorbencies; absorbencies because some days may be heavier than others causing you to stain your panties. Gentle wipes may be a convenient way to clean up a messy situation when you are in a public place, but avoid using them as much as possible.
- Avoid Douching. Women's bodies are programmed to care for menstrual needs on their own--this includes cleaning the reproductive tract after menstruation. Many young ladies feel unclean during or after menstruation and turn to douches for cleaning. This should be avoided! Douching can force bacteria and debris up into the reproductive tract, which can lead to vaginal infections or a painful condition called pelvic inflammatory disease. You should also avoid scented tampons, pads, powders, and sprays. These products may increase your chances of getting a vaginal infection.

For more information, visit www.womenshealth.gov and type *menstrual cycle* in the search box.



Premenstrual Syndrome (PMS)

Are you feeling grumpy, tense, tired or depressed? Maybe you cry a lot and crave certain foods too. Or maybe you have felt changes in your body, like acne, a bloated stomach, breast aches or slight weight gain. If you feel this way and it's also a few days before your period, you might have premenstrual syndrome or PMS. Don't worry! PMS is a normal part of having a period, and you will feel better soon!

If you get PMS, try...

- Eating more healthful foods and less sugar and fat.
- Eating less salt the few days before your period, which can help stop bloating.
- Drinking less caffeine (found in soda, tea and coffee) to feel less crabby and help ease breast aches and cramps.
- Eating small meals often each day rather than big ones.
- Exercising for at least 30 minutes, four to six times a week. If you have cramps or aches and pains, don't exercise too hard—try walking instead of strenuous exercise

- Sleeping at least 8 hours each night.
- Keeping a regular schedule for exercise, meals and bedtime.
- Talking to your doctor about your PMS symptoms. Your doctor may have you take a pain reliever that has ibuprofen or naproxen, which you can buy at a grocery store or drugstore without a doctor's orders. Make sure you have permission from a parent or guardian first. Your doctor may give you other medicines if the symptoms are really bad.

Q I feel really down before my period. Is this normal?

A The blues are a normal part of PMS. If your mood doesn't get better within a few days after starting your period, talk with your doctor or a parent or guardian.

Your Choice: Pads or Tampons

Your period doesn't have to keep you from doing the things you like to do. Nobody even needs to know you're having it but you! Tampons or pads? It's your choice.

What you should know about pads:



- Pads stick to the inside of your underwear and soak up the blood that leaves the vagina.
- Some pads are thin, for days when your period is light. Some are thick, for when you are bleeding more. You also can use thicker pads at night when you sleep
- During the day, it is best to check your pad every couple of hours so that you can change it before it is soaked with blood.
- If you are worried about any smell, changing pads often and keeping up good hygiene will help control this. You do not need to use deodorant pads.
- You probably don't want to wear pads when you swim. They will soak up water and be bulky.

What you should know about Tampons:



- Tampons are put inside of your vagina to soak up blood before it leaves your body. Instructions come with tampons to show you how to put them in.
- Some tampons have a plastic or cardboard covering called the "applicator" that makes it easier for you to put the tampon in. Do not leave the applicator inside your vagina.
- All tampons have a string at the end to help you take it out when it needs to be changed (at least every 4 to 8 hours).
- Tampons will not get lost or slip up into your vagina.
- You can wear tampons when you swim. Water does not enter your vagina.
- It is VERY important that you use the tampon with the lowest level of absorbency (the amount it can soak up) for your needs. Don't use a "super" tampon if you only need a "regular" tampon.
- Using tampons that are too absorbent or not changing them often enough can put you at risk for toxic shock syndrome (TSS), a rare yet dangerous infection.

Four key things you need to know about STDs

Tell an adult and call a doctor if you are using tampons and have the following:

- High fever that comes on all of a sudden
- Muscle pains
- Dizziness or fainting
- A rash that looks like sunburn
- Bloodshot eyes
- Strange vaginal discharge (fluid) with an unusual scent, look, or feel
- Feeling of confusion

It is possible to tear your hymen by putting in a tampon, but this is rare. If it does tear, this does not mean you are no longer a virgin. You are a virgin until you have sexual intercourse.

Sexually Transmitted Diseases (STDs)

Sexually transmitted diseases (STDs) are on the rise among young people. STDs are caused by many different viruses and bacteria that spread through sexual contact. Some examples of STDs are: chlamydia, crabs (pubic lice), genital herpes, gonorrhea, hepatitis B, HIV/AIDS, and syphilis. Even if you're not sexually active now, it's vital to know how to protect yourself later.

1. STDs can affect anyone - women and men of all ages and racial and ethnic backgrounds. Teens and young adults get STDs more often than any other age group. About three million teens get STDs every year. That means about one in four sexually active teens gets an STD.

2. You can get an STD by having any kind of sex, including vaginal (penis is put into vagina), oral (sucking and/or licking of sex organs), and anal (penis is put into butt). You can also get an STD by having other close sexual contact with someone who already has an STD.

3. Often, STDs cause no symptoms at first. Even if you have no symptoms, you can still pass an infection on to another person. If you get symptoms, they can seem like other problems that aren't STDs, such as yeast infections.

4. While some STDs can be treated and will go away, others can't be cured. You can only try to make the symptoms better. If untreated, some STDs can lead to pelvic inflammatory disease, infertility, cancer of the cervix, or even death. If you think you have a problem, see your doctor right away. Your doctor will check your skin, throat and genital area. Your doctor may also test your blood, urine, or a sample of tissue or fluid from your body. If you have an STD, your doctor can start taking care of you right away. Even if your STD is cured with treatment, you can still get it again if you are sexually active and do not protect yourself.

Protect yourself from STDs

- You can't get an STD if you do not have sex of any kind or close sexual contact with someone. The best way to protect your health is to wait until you are married to have sex.
- Condoms can't protect you from all STDs. But, if used correctly and used all the time, condoms will lower your chances of getting some STDs. Condoms will also lower your chances of getting pregnant.
- Talk to your parents or guardians, an older brother or sister, or another trusted adult about sex to help you make wise choices.
- Abstinence - not having sex, (or close sexual contact) is the only 100 percent sure way to not get an STD.

How do I know if I have an STD?

You should see a doctor right away if you have lower stomach pain or have vaginal discharge (fluid) that is yellow, gray, or green with a strong smell. In between periods, it is normal to have a clear or whitish fluid (discharge) coming from your vagina.

See your doctor if you have any of the other symptoms of common STDs that follow.



Q Can I get an STD from kissing?

A Kissing is pretty safe. But, you can catch a common virus that causes cold sores if you kiss someone who has a cold sore at the time. This virus is called herpes simplex virus one or HSV-1. STDs are usually spread during risky acts like vaginal intercourse, oral sex and skin-to-skin contact in the genital area.

STD

SYMPTOMS

Chlamydia

- Often no symptoms
- Abnormal vaginal discharge
- Burning sensation when urinating (peeing)

Genital Herpes

- Painful small red bumps, blisters, or open sores on or around your genital area or rectum
- Some infected people may never have sores
- Fever, headache, or other muscle aches
- Swollen glands in the genital area
- Pain in legs, buttocks, or genital area
- Abnormal vaginal discharge
- Pain when urinating (peeing)

Syphilis

- Early on: Painless sores in the genital area, on the lips, or in the mouth and swollen lymph glands
- Later: Skin rash on the palms and feet, fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, and tiredness
- Left untreated: Damage to the brain, nerves, eyes, heart, and blood vessels; can lead to death

Crabs (pubic lice)

- Itching in the pubic area
- Often people have no symptoms
- Sometimes rust colored spots on underwear from bleeding where you have been bitten
- Mild fever and tiredness if you have been bitten by a large number of lice

STD

Symptoms

Gonorrhea

- Most have no symptoms
- Pain or burning sensation when urinating (peeing)
- Yellowish and sometimes bloody vaginal discharge
- Vaginal bleeding between menstrual periods
- Anal discharge, itching, and soreness if the rectum is infected

Hepatitis B

- Yellow skin or yellowing of the whites of the eyes
- Tiredness
- Dark-colored urine
- Lower stomach pain
- Loss of appetite
- Nausea and vomiting
- Diarrhea
- Joint pain
- Some have no symptoms

HIV
(Human
immunodeficiency
Virus)

- Extreme tiredness
- Rapid weight loss
- Swollen lymph nodes
- Getting low fevers and night sweats often
- Getting oral or vaginal yeast infections and other STDs often
- Red, brown, or purplish marks on or under the skin or inside the mouth, nose, or eyelids

HPV
(Human
Papilloma
Virus)

- Most people have no symptoms and do not know they are infected
- Some types of HPV can cause warts - some painful, some not—in the genital area

Teen Pregnancy

What About Pregnancy?

Only half of teen mothers earn a high school diploma by age 22!

Commit to changing the world and not changing diapers as a teen mom! Pregnancy during the teen years can change the lives and futures of the mother, father, child, and their families. Repeat teen births—two or more pregnancies ending in a live birth before age 20—can limit the mother's ability to finish her education or get a job. Giving birth and raising a child during the teen years can carry high health/physical, emotional, social, and financial costs for teen mothers and their children. Teen pregnancy is closely linked to poverty and single parenting.

Getting pregnant requires a boy and a girl to engage in sexual activity at precisely the right time in a girl's monthly cycle. Knowing exactly how your body works, and proper use of contraception can help you avoid an unwanted pregnancy. Here are some quick tips:

- Discuss sexual health issues with your parents, partner, health care professionals, and other adults and friends you trust.
- Choose not to have sex. ABSTINENCE is the only 100% guarantee against pregnancy.
- Use birth control correctly every time if you are having sex to reduce the risk of pregnancy. Use condoms every time to reduce the risk of disease. Remember, birth control does not protect you from contracting an STD!

If you do become pregnant, talk to a trusted adult such as a parent, guardian, mentor or school counselor. Also, see a doctor right away. It is important to get good prenatal care, which is special health care for pregnant women. If you have a friend who is pregnant, urge her to talk to an adult and see a doctor right away.



Seeing Your Doctor

As you become a woman, it's important to have checkups once a year with a doctor or other health care provider. He or she will check out your general health and reproductive health.

Your doctor might ask you questions about:

- Your general health, allergies, medicines you are taking and your health concerns
- Your mental health, depression, and stress level

- Your period, such as how long it lasts, how old were you when you first got it, and when was the first day of your last of your period
- When your breasts started to grow
- Whether you have ever had sex or have been sexually abused
- Your vagina, such as if you have had any unusual discharge, itching, or odor. Even if these questions make you feel a little embarrassed, it is important to be honest. Your doctor needs the right Information about your health and body. This way, he or she can help you out if you have a problem. You should not feel about honest. Your doctor is only trying to help.

You should see a gynecologist or another doctor who specializes in women's reproductive health if any of these apply to you:

- You have ever had sex (vaginal, oral, or anal) or intimate sexual contact
- You are 21 or older
- You have lower stomach pain, fever, and vaginal discharge that is yellow, gray, or green with a strong smell (these may be signs of Pelvic Inflammatory Disease)
- You are having problems with your periods

On the Web

More information on taking care of your reproductive health

How to do a breast self-exam:

- http://www.kidshealth.org/teen/sexual_health/girls/bse.html

Your reproductive health:

- http://www.girlshealth.gov/body/reproductive_health/index.cfm
- http://www.kidshealth.org/teen/sexual_health/changing_body/female_repro.html

Your period:

- <http://www.girlshealth.gov/body/period/index.cfm>
- http://www.kidshealth.org/teen/sexual_health/girls/menstruation.html

Different types of STDs and protecting yourself:

- <http://www.girlshealth.gov/body/sexuality/sti.cfm>
- <http://www.iwannaknow.org>

General health and gynecological care:

- http://www.girlshealth.gov/body/health_help/index.cfm
- http://www.kidshealth.org/teen/sexual_health/girls/obgyn.html

Learn more about teenage pregnancy:

- <http://www.thenationalcampaign.org>

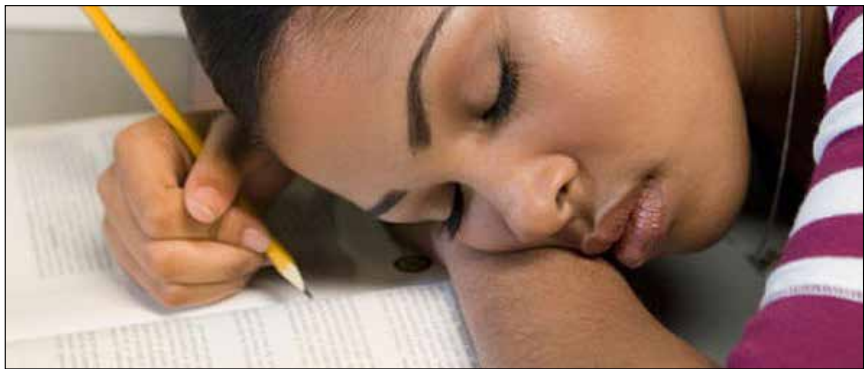


Q Will my doctor tell my parents what we talked about during my visit

A Most states have laws that allow teens to see a doctor for their reproductive health without getting a parent's okay. Your doctor will do his or her best to make sure your visit stays confidential (private), but you can always ask him or her what the rules are before your exam. If the doctor thinks that you may harm yourself or others, he or she may have to tell your parents, guardians, or others about the visit. Even though it's important to trust your doctor, talking to your parent or guardian about your health care is the smart way to go.



Taking
Care of You



Sleep

Here's what some teen girls say about how their mornings go:

"My alarm goes off, but I hit the snooze button and go back to sleep until my mom shakes me awake."

"I skip breakfast a lot because I have to rush to get myself ready for school."

"Sometimes I miss the bus, and my mom has to drive me to school. She gets really mad about that."

"I don't wake up until my little sister screams at me, 'Get up! You're going to be late!'"

"I get to school on time, but then I'm like a zombie in class."

Can you relate? Likely yes, since some research shows only 20 percent of teens are getting enough sleep! Try these ideas to make sure you're not losing out on the sleep you need.

- Wake up at the same time each morning and go to bed at the same time each night.
- Relax before bedtime. A bath, a book or a little TV can mellow you out. But, don't watch TV in bed.
- Try a small snack with milk to bring on the ZZZs. Pigging out before bed can make it harder to doze off.
- Make sure your room is dark, quiet, cool, and comfortable.
- Don't drink beverages with caffeine (like colas, coffee, and tea) from afternoon until bedtime.
- Do homework and study earlier in the evening. A good night's sleep is the best way to get ready for an important test or quiz.
- Finish exercising at least three hours before bedtime.



Q I get so sleepy after lunch. I keep zoning out in class. What should I do?

A Being part of class discussion can help perk you up. Or, try taking notes to keep alert. Also, ask your teacher if you can sit at the front of the class. And, try to cut back on sugary foods at lunch—these foods can make you sleepy.



Keys to keeping active

- Just starting out? Begin with small goals you can reach; and over time, reach for higher goals. If you want to run, start by switching between running and walking to build up your distance and speed over time.
- Find the right activity for you. Ask yourself: "Will I enjoy it? Is it safe? Do I have time to do it? Do some of my friends want to try it with me?" Stick with the things that you like and that you have time for, and that you can do safely.
- Protect yourself as needed by wearing a helmet, mouth guard, special eyewear or wrist, knee and elbow pads. Make sure your shoes are sturdy and fit well. Ask a coach or adult to help you pick out the proper footwear.

Exercise

You may know girls who complain about exercise: "It's boring. It's too hard." Or, "It takes too much time." Sure, keeping fit can challenge your mind and body; just keep in mind that exercise is key to good health.

Exercise can:

- Help you keep a healthy weight
- Help prevent serious illness, like heart disease, certain cancers, type 2 diabetes, and osteoporosis
- Boost your energy level and mood
- Help you to feel good about yourself plus, it can be fun! So, don't make excuses, get active and keep moving!

- Stretch your muscles for 5 minutes before and after working out so that you don't get hurt.
- Don't overdo it! A good way to know if you're working out too hard (or not hard enough) is the talk-sing test." If you can talk while working out, you are moving at a pace that is good for you. If you are too breathless to talk, slow down. If you can sing, pick up the pace.
- Drink water before, during, and after your workout to keep your body from overheating or getting dehydrated. Dehydration is dangerous. It happens when the body loses too much water.

- Do not exercise outdoors if it is really hot and humid. Also, avoid outdoor exercise if air pollution levels are high.
- Don't overdo it! If working out is all you do or think about, talk with a parent or guardian, coach, or another trusted adult. Exercise is important, but too much exercise can be very bad for you.

For help getting started, check out your local community or recreation center or look into your activities at your school today!

Q Why do people make such a big deal about heart disease?

A Heart disease is the number one killer of both men and women. When you are young, it's easy not to think about this kind of problem. But heart disease comes on over time, which is why it is so important to start having a heart-healthy lifestyle when you are young. You can lower your risk of getting heart disease by eating right and exercising regularly. This also will help protect your body from other health problems that are linked to eating habits and physical fitness.



Eating Well



Have you ever been asked, “Are you a healthy eater?” What does that even mean? Healthy eating means getting the right amount of calories, vitamins, and nutrients your body needs to be its best.

How to be a healthy eater

- Follow the MyPyramid guide to healthy eating. The colored sections stand for the food groups and how much you need from each group. Orange is much wider than yellow because you need plenty of grains each day, but should limit how much oil and fat you have. Choose foods from each food group every day—don’t forget about red just because you love purple foods!

- Learn how to read food labels. If you know how many calories and how much fat, salt, carbs etc., are in the food you eat, you can limit those nutrients you want to cut back on and increase the ones you want to eat more of. For example, you may want to eat less saturated fat, and increase your level of calcium intake.

- Be sure to check serving size. One cup of breakfast cereal or one slice of bread is a serving. A serving of meat, chicken, or fish is about the size of a deck of cards.

- Get of exercise. Teens need about 60 minutes every day.

- Unless your doctor gives you the okay, do not diet to lose weight. Instead, change your habits to focus on healthy foods and exercise. Most teens are able to keep a healthy weight simply by being more active.

- Don’t skip meals. Breakfast is especially important!

- Avoid “emotional eating. Eating because you are bored, stressed, or feeling blue. Try writing in a journal, talking to someone you trust, working out, or volunteering in your community.

- While you were asleep your body was fasting. It needs fuel to jumpstart the day...so break the fast with breakfast (get it). It’s the most important meal of the day.

Nutrition Chart





Q My friend eats fast food and junk food all the time, but she looks great. Does someone like her need to eat healthy?

A Eating right does help you to look your best, but it's not just how you look on the outside that counts. The body needs certain vitamins and nutrients to build strong bones and teeth, carry oxygen around the body, power the brain, and lower your chances of getting certain diseases. Healthy food choices are packed with these kinds of vitamins and nutrients, while fast food and junk food are mainly "empty calories," which means they have little nutritional value. Eating poorly will catch up with you over time.





Fighting Germs

It doesn't sound nice, but there are germs everywhere. These germs are so small that they can hurt your body without you even knowing. Germs can cause infections such as a cold or the flu. They also can cause infections that can put your life in danger, such as HIV, the virus that causes AIDS.

You can fight germs by:

- Washing your hands often: after using the bathroom, after blowing your nose or coughing, after touching animals, after gardening, before and after spending time with someone who is sick, and before and after handling food.
- Making sure your immunizations are up-to-date. Immunizations also are called vaccines. Immunizations protect you from diseases that are easily spread, such as the measles, chicken pox, and the flu. Immunizations are usually given as a shot. Ask your parents or guardian if your shots are up-to-date.

- Not sharing needles used for tattoos, piercings or drugs. Sharing dirty needles (you can't tell it is dirty by looking) can give you HIV or hepatitis, which can put your life in danger.

- Learning proper food handling and storage

- Food that hasn't been prepared safely may contain bacteria like *E. coli*. Unsafe food can also spread food-borne illnesses like salmonellosis. The good news is you can keep on top of bacteria and food-borne illness by being safe when buying, preparing, and storing food (leftovers).

- Always wash your hands with warm water and soap before preparing any food.

- Wash your hands after handling raw meat, poultry, fish, or eggs.

Q Are hand-cleaning gels just as good as soap and water at cleaning hands?

A Washing your hands with soap and clean running water for 20 seconds is best. But when soap and clean water are not handy, an alcohol-based hand rub is very good at lowering the number of germs on skin. Keep one handy in your purse or coat pocket. Make sure to rub the product all over your hands and fingers until your hands are dry.



Smoking

Did you know that most adult smokers began smoking as teens? Maybe they thought smoking would make them look cool, help them gain friends, or help them deal with problems. Maybe they thought they would try it only once, or that they could quit at any time. You're smart—do these sound like good reasons to you?

Before you light up, consider that ...

- Most teens don't smoke. And most teens think using tobacco is gross and a turn-off. After all, smoking makes your clothes and hair stink, stains your teeth, and causes bad breath—yuck! It also causes emphysema, different types of cancers, and wrinkles.

- The damage begins with the first puff and gets worse as you keep smoking. That means if you play sports, are a dancer, or sing or play an instrument, you will not be able to do any of these things very well.

- Social smoking is bad for you, too. Smoking only at parties is still dangerous. People who only light up sometimes may be less likely to ever try to quit!

- It's easier to never light up than it is to quit. Most longterm smokers started in their teens.

- Smoking costs big bucks! In Illinois, it cost about \$4200 a year if you smoke a pack of cigarettes each day! Just think how many shoes and clothes you could buy with that much money!

If you are a smoker, you can make quitting tobacco easier by talking with your doctor, getting help from your parents and guardians, and hanging out with teens who don't smoke or who have quit.

You may be tempted to buy a loose cigarette or try an e-cigarette from the neighborhood store. But remember, you are putting yourself at risk, there is no such thing as a safe cigarette!

Alcohol and other drugs

Want to know the real truth about drugs and alcohol?

- Drugs and alcohol change the way your brain and body work.
- Drugs and alcohol can cause life-long damage to your body.
- Alcohol and many drugs are addictive, which means it can be super hard to quit.
- Drugs and alcohol make it harder to make safe choices and protect yourself.
- Your body can have a bad reaction to alcohol and drugs—you can become really sick or even die. This happens to teens every day.
- It's against the law to drink alcohol before you are 21 years old. It's also against the law to have certain drugs, no matter what your age. If you are at a party with alcohol or illegal drugs even if you are not using—you could be arrested.

Don't allow anyone to give you drugs without you knowing it.

- Don't accept drinks from people you do not know or just met.
- Don't drink anything that tastes, looks, or smells strange.
- If possible, get drinks that are unopened and open them for yourself.

- Watch your drink and keep it with you at all times, even when you go to the bathroom. If you didn't watch it the whole time, get rid of it!
- Don't share drinks with anyone.
- Don't drink from punch bowls or other large open containers. They may already have drugs in them.
- Don't accept prescription drugs that are not prescribed for you. They are intended to be taken under a doctor's care and can be extremely dangerous!

Q What are date rape drugs?

A Date rape drugs, such as rohypnol and GHB, are used to force sexual contact with someone. Often, they have no color, smell, or taste, which makes them easy to add to a person's drink without anyone knowing. These drugs make victims helpless and unable to remember what happened. To protect yourself, open your own drink and keep it with you at all times.

For more information on date rape, go to www.girlshealth.gov/safety/saferelationships/date-rape.cfm

On the Web

More information on taking care of a beautiful you, inside and out

Taking care of your hair and skin:

- <http://www.girlshealth.gov/body/grooming>
- http://www.kidshealth.org/teen/your_body/take_care/skin_tips.html
- <http://www.skincancer.org/school>

Your body's sleep needs:

- <http://www.girlshealth.gov/body/sleep>

Staying physically fit:

- <http://www.girlshealth.gov/fitness>
- <http://www.presidentschallenge.org/tools-resources/docs/getfit.pdf>
- <http://www.gogirlworld.org>

Nutrition and eating right:

- <http://www.girlshealth.gov/nutrition>
- <http://www.mypyramid.gov>
- <http://www.bestbonesforever.gov>

Fighting germs and immunizations:

- <http://www.girlshealth.gov/body/germs/index.cfm>

Staying tobacco free:

- <http://www.girlshealth.gov/substance/smoking/index.cfm>
- <http://www.thetruth.com>

Alcohol and drugs:

- <http://www.girlshealth.gov/substance>
- <http://www.teens.drugabuse.gov>
- <http://www.abovetheinfluence.com>





If your parent uses drugs or alcohol

If your parent or guardian drinks too much alcohol or uses drugs, a lot of things in your life might seem out of your control. But you can make things better for yourself.

Here's how:

- DO talk with an adult you trust. Sharing your feelings with this person is not tattling on your parent.
- DO join a support group. Alateen is a group for teens who have parents who abuse drugs and alcohol. You will find that many teens are struggling with the same problems. It holds meetings, like a club. Call Alateen toll-free at 1-888-425-2666 to find out where to go in your area. Ask a caring adult if you need help getting there.
- DO get involved in activities at school or in your town. You can learn new things about yourself and about how other people live their lives drug- and alcohol free.

- DO remember to have fun! Hang out with friends, go to the movies, or play sports. Do what makes you happy.
 - DON'T ride in a car when the driver has been drinking or doing drugs. Walk or try to get a ride with a safe adult. If you are forced to ride with a parent who has been drinking, sit in the back seat in the middle. Lock your door. Put on your safety belt. Try to stay calm.
 - DON'T think that because your parent is addicted to drugs or alcohol, that you will be too one day. Most children of addicts don't become addicts themselves.
 - DON'T pour out or water down your parent's alcohol or get rid of your parent's drugs. The plain fact is that it won't work. You have no control over your parent's drinking or drug use.
- Addiction is a disease. You didn't cause it and you can't make it stop.

Q I want to take care of my mom, but I hate the way she is when she is drunk.

A It's normal to hate the disease of alcoholism or drug addiction and at the same time love your addicted parent. Talking about these feelings with someone you trust or through a support group like Alateen will help you to feel less alone and afraid.



Drinking and Driving

You should never drink and drive or get in the car with someone that drank alcohol because it is dangerous. Alcohol impairs a person's judgment and reaction time. Therefore, when a person drinks and drives he or she is putting their life and the lives of others at risk.

Info/Statistics on Teen Drinking and Driving

- Teen drivers (ages 15-20) are at far greater risk of death in crashes where alcohol was present than the rest of us, even though they cannot legally purchase or possess alcohol.
- Car crashes are the leading cause of death for teens, and about one-third of those are alcohol related.

- In 2010, 56% of drivers aged 15 to 20 who were killed in motor vehicle crashes after drinking and driving were not wearing a seat belt.

National Highway Traffic Safety

Administration (NHTSA), Dept. of Transportation (US). Traffic safety facts 2010: Young Drivers, Washington (DC): NHTSA; May 2012

Tip: To prevent you from driving drunk or getting into a car with a drunk driver create a safety plan and/or code word with a trusted adult to use on a phone when you need to be picked up right away.

For Help Contact:

The National Alcohol and Substance Abuse Information Center 800-784-6776
National Institute on Alcohol Abuse & Alcoholism 800-662-HELP (4357)

A close-up portrait of a young Black woman with a warm smile. She has dark hair and is wearing dark sunglasses perched on her head. She is adorned with a multi-strand necklace featuring red, blue, and gold beads. She is wearing a light-colored, textured, sleeveless top. The background is a bright, out-of-focus outdoor setting with a white car visible. The text "Feeling Good About Yourself" is overlaid on the right side of the image in a black serif font.

Feeling Good
About Yourself



- Give yourself the chance to do well. Do something hard, but within your reach, like speaking up in class or trying out for the school play.
- Allow yourself to fail. It's okay not to be the best at everything. No one is perfect!
- Stop thinking about you, you, you! Do something to help others. Help out by doing chores around the house or volunteering in your community.
- If you are angry, try talking it over with a friend or adult you trust.
- If you feel down about yourself, share your feelings with a family member or friend.

Self Esteem

"Self-esteem" means how you feel about yourself. Many young women have low self-esteem—even the prettiest, smartest, nicest, most popular girl in school can feel not "good enough." It's normal for teens to feel this way some of the time, but you can boost your own self-esteem. You don't have to wait for someone else to do or say something to make you feel good about yourself.

Think positively about yourself and the things you can do. When you start to put yourself down, STOP THAT THOUGHT! Remind yourself about the things that make you special.

- Do things that you like, rather than what others say you should do.

Q "The kids in my school call me a lame just because I get good grades. I wish that didn't bother me, but it does. Sometimes, I wish I were just average.

A Being singled out can make anyone feel unsure and upset. Still, you will never be happy with yourself if you don't let the good things about you shine through. Stick with people who like you for who you are. This will make it easier to cope with name-calling and labels. And be proud of your success!

Body Image

Do you ever think that there is something wrong with the way you look? Do you feel like you're too short or too tall, too heavy, too skinny, too dark-skinned or to light-skinned? These feeling about how you look are called body image. Body image can affect how you feel about yourself in general. To build a strong body image, keep these do's-and-don'ts in mind:

- DON'T think of the images of girls and women you see in magazines, in the movies, and on TV as "normal." They are not!
- DO make the most of your unique shape by wearing clothes that you feel good in.
- DON'T compare yourself to others, including your friends. Body types come in all different sizes, shapes, and colors.
- DO look your best by eating healthy foods, exercising, and taking care of your hair and skin
- DON'T judge yourself on looks alone. The secret to being beautiful is feeling beautiful, using your mind.
- DO walk with your shoulders back and head high. Good posture says "I like me!"

Are you at risk for an eating disorder? Visit <http://www.nationaleatingdisorders.org/informationresources/general-information.php> for more information.



Special Note:

Love you...all of you! Accept the things that you cannot change and work on the things that you can! Love the skin you are in and accept who you are.

Q A friend of mine throws up in the restroom after lunch. What can I do to help her?

A Try telling her: "I am worried about you because I hear you throwing up after lunch. I think you should talk to your mom about this. I'd like to be there for you if that's okay." Your friend may get mad or deny it, or even ask you to keep it a secret. Being a good friend also might mean you need to tell her parents, your parents, or another adult who can get your friend the help she needs. The school nurse is also a good person for you to talk to about your friend.

Depression

Does your mood sometimes change from one minute to the next? This roller coaster of emotions is normal when you're a teen. But some feelings - like strong sadness, anger, loneliness, and fear - can keep you from enjoying life. Ask yourself these questions:

Are you depressed?

It's okay to have the blues sometimes. But depression is a serious illness that needs treatment.

See your doctor or school counselor if: you have five or more of the following symptoms of depression for at least two weeks, OR any one of these symptoms gets in the way of school or family life.

- Sadness or crying that you can't explain
- Major changes in the way you eat, such as not eating or overeating
- Being crabby, angry, worried, or nervous
- Feeling negative or not caring about anything
- Feeling guilty or worthless
- Thinking about death or suicide
- Sleeping more or having trouble sleeping

- Not being able to focus or make choices
- Not being able to enjoy the things you normally like
- Not wanting to spend time with your friends
- Feeling restless or tired most of the time

Do you hurt yourself?

Teens who hurt themselves on purpose called "self-injury"—often keep painful or confusing feelings bottled up inside. Teens that self-injure say that it helps them to feel better. But self-injury is VERY dangerous. It can lead to infections, scars, hospital stays, and even death. If you cut yourself, burn yourself, pull out your hair, or hurt your body in other ways, GET HELP RIGHT AWAY! Talk to a parent or guardian, counselor, or other trusted adult. You can learn with help, healthy ways to cope with the things that bother you.

Do you think about suicide?

If you are thinking about hurting yourself or suicide, talk to an adult right away. Call 911 or 1-800- SUICIDE (1-800-784-2433), or check in your phone book for the number of a suicide crisis center.

The centers offer experts who can help callers talk through their problems. The hotlines also can tell you where to go for more help in person. Don't wait—there are ways to help you deal with your pain and work on feeling better in the future.



Stress and how to deal

Being a teen is stressful! You might feel pressure to get good grades, fit in with a group, or make a sports team. Or maybe your home life stresses you out. Everybody has some stress. But too much stress, or allowing stress to build up, is unhealthy.

- Talk it out. Vent to a friend or a trusted adult to blow off steam.
- Work it out. Playing sports, fast walking, or dancing can lower your stress level.
- Write it out. Express your feelings in a journal, or through music or art. To make your own journal go to <http://www.girlshealth.gov/feelings/happy/journal.cfm>.
- Play it out. Have fun doing something you love.
- Laugh it out. Watch a funny movie or read cartoons.
- Chill it out. Kick back and relax, catch up on sleep, or read.

Is your stress out of control?

Check any of these that describe you.

- ☐ I feel down, edgy, guilty, and/or tired.
- ☐ I have headaches and/or stomach aches.
- ☐ I have trouble sleeping.
- ☐ I worry about my body and how it's changing.
- ☐ I laugh out loud and/or cry for no reason.
- ☐ I want to be alone all the time.
- ☐ I am not able to see the positive side of things.
- ☐ I don't enjoy doing the things that I used to enjoy.
- ☐ I have too many things to do, but not enough time to get things done.

If these feelings do not go away after trying the tips above, talk to your parent or guardian, a school counselor, or another trusted adult.

Q Is stress always bad for you?

A No. A little bit of stress can push you to do your best or get your work done. Take time each day to let go of any built-up stress to allow the "good" things that stress you. Is stress always bad for you? out to kick in.

Healthy Relationships

Healthy relationships are fun and make you feel good about yourself. You can have a healthy relationship with anyone in your life—family members, friends, and the people you date. If you are unsure about a relationship in your life, check it out here by circling **agree** or **disagree**.

- This person makes me feel bad about myself. **Agree/Disagree**
- This person makes most of the choices in our relationship. **Agree/Disagree**
- This person pressures me to do things I don't want to do. **Agree/Disagree**
- This person isn't willing to work through conflicts. **Agree/Disagree**
- This person bosses me around. **Agree/Disagree**
- This person loses her/his temper a lot and always blames me for things. **Agree/Disagree**
- This person says bad things about me and embarrasses me in front of other people. **Agree/Disagree**
- This person tries to keep me from spending time with my friends and family. **Agree/Disagree**

• This person uses drugs and alcohol and wants me to try. **Agree/Disagree**

• This person has pushed, grabbed, or touched me in a way that hurt or I didn't like. **Agree/Disagree**

• This person does things that make me feel afraid. **Agree/Disagree**

Q My friends are talking about skipping school. I don't want to, but I'm afraid they won't like me anymore if I don't go along.

A You should never be afraid of losing a friend because you say "no." Good friends should not give you a hard time for saying no. Also, if this group of friends is doing things that you don't feel right about, start hanging out with people you like and who also make smart choices

On the Web

Self-esteem:

- <http://www.girlshealth.gov/feelings/happy/index.cfm>
- http://kidshealth.org/teen/your_mind/body_image/body_image.html

Body image:

- <http://www.girlshealth.gov/feelings/sad/bodyimage.cfm>

Dealing with emotional ups and downs:

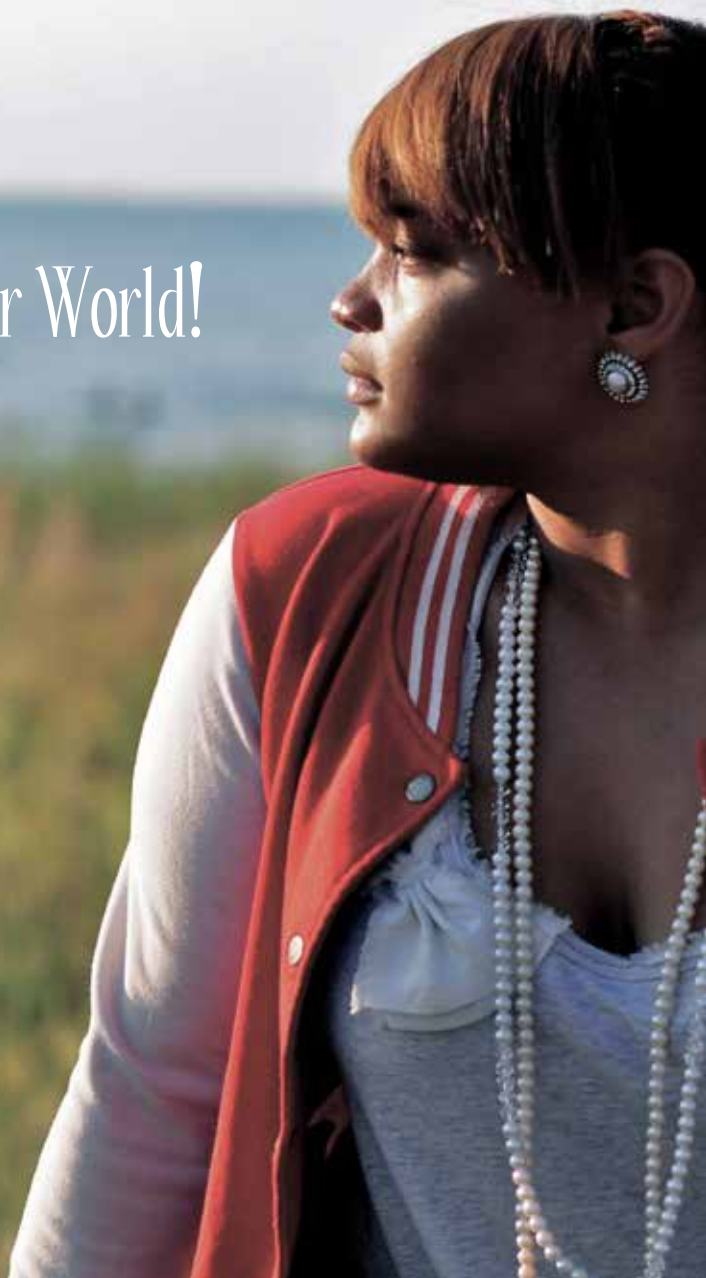
- <http://www.girlshealth.gov/feelings>
- <http://www.save.org>

Q My friend talks about suicide, but I know she's never tried it. Should I take her seriously?

A YES! The first thing you should do is tell an adult you trust right away. You may wonder if your friend will be mad at you, but telling an adult is the right thing to do. This can be someone in your family, a coach, a school nurse, a school counselor, or a teacher. You can't help your friend alone. If your friend is ever in danger of hurting herself, do not leave her alone. You may need to call 911.



It's Your World!





Finding Your Faith

by Joanna Politano, Urban Ministries, Inc.

Have you found what you're looking for yet? Do you ever feel like something's missing from your life and you don't know what it is? Maybe you want to know exactly who you are, and what your life should be. Maybe you want a few good friends. Maybe you just want advice on pulling your life together. Maybe you need some people in your life that are doing well who can guide you to help make your life better.

You trusted your family as a kid, and then depended on your friends. But now, you might be pulling away from your family—maybe there's a lot of drama at home. You're also starting to realize your friends don't always make the best choices, and you can't trust their advice every time. Maybe no one seems to be there for you. So what else is there?

Faith communities can be a huge part of your teen years. During this time, faith communities have a lot to offer—sanctuary, a listening ear, fun, support, advice, purpose, and a few new friends. Love your family and enjoy your friends, but don't ignore your faith community. You might just be surprised at what's there, and exactly what it can mean to your life.



A STORY OF CONNECTION

Sasha changed her life one day when she found her own faith. It meant purpose and hope, but it also meant saying goodbye to her friends and a lot of her family. She tried to keep friends around, but they grew tired of her saying “no” to half the things they did. Her family didn’t get her anymore, either. She felt disconnected, and couldn’t find anyone to talk to. So Sasha went to a youth event put on by a faith community and discovered friends. They were imperfect, just like her, but they wanted the same healthy, productive lifestyle she did. She was surprised at how much fun they all had together, and friendships formed. Sasha found another girl drummer and even someone who wanted to get into politics one day, like she did.

Connecting with others is important. Don’t get discouraged if you’re lonely where you are now. Try connecting with people in the faith community. Give it a chance, and see if friendships form. You might just find that one friend who “gets” you, or the person who likes the same things as you, that others find weird. You might find a group of girls who love to shop as much as you do, or other people who can’t do math. Faith communities are

about connecting. The best part is you’ll find people who already have something in common with you—their faith.

A STORY OF PURPOSE

Jasmine works hard, but her grades are low. Music is her thing; not school. She’s a senior and no college has accepted her, but she really wants to go. Down about life, she finally turns to a local faith community she passes on the way home from school. She’s thrilled to find out they desperately need any and all musicians for their tiny group. When she offers to play an instrument or sing, they are ecstatic. Jasmine goes to school every day and struggles, but when she joined her faith community and started serving and helping, she forgot about the stress of life. She even started a ministry to teach young kids who can’t afford music lessons. Something about helping others made her own problems fade into the background.

Faith communities are always grateful for people willing to serve. Whether you can cook, babysit, or speak, chances are they will happily put you to work! Jasmine was able to find a purpose and a mission in her faith community, and that overshadowed her own problems. She also found a place where she was appreciated.



A STORY OF SUPPORT & HELP

When Krissa saw the positive pregnancy test, panic set in. It was for real. What now? She couldn't even imagine telling her parents. She wasn't ready to tell her friends, who were all on the cheerleading team. This would change everything—and she was only a junior! She felt trapped. The last place she wanted to be was back in her faith community. They'd be even worse than her parents, right? All judgmental and preachy. But when Ariel called her and invited her back with a warm, hopeful voice, Krissa said yes. After several weeks of going to her local church, Krissa broke down and told the girls in her group about her pregnancy. She felt better finally being able to tell someone. She was surprised when every girl in the room came over to hug her or lay a comforting hand on her. "Do you need help?" one girl asked.

That's when Krissa cried. Yes, she needed help. Her parents definitely wouldn't let her live at home after she told them the news. And she knew she needed to see a doctor, but she had no idea how to get going.

Returning to her faith community turned out to be the best decision Krissa made. With every person she talked to, she discovered more programs, help, and support offered there. They placed her in a program that walked her through doctor visits, set her up with a temporary place to stay, and brought her into a group of other teen moms and counselors.

She had never even known all these programs existed. Her faith community helped her find a job and make decisions about school. Krissa had a rough year, but she didn't spend it alone.

Faith communities offer more than pregnancy help, though. What is your struggle? You might be surprised at the solutions already available to you. Faith communities often want to help—find out what they have to offer that could make all the difference in your life. They offer guidance for your life through official programs and counseling sessions, and faith communities also give you lots of listening ears and helpful friendships as well.

Warning: Don't expect perfection. Too often, teens run away from faith communities when they figure out the when people there aren't perfect. Any faith community is made up of imperfect people, just like you. The people there will mess up and have messed up, and may even disappoint you. But they might also help you through life. Be real with your expectations, and see what happens! You may ...

FIND YOUR FAITH!

Peer pressure and how to say no!

Have your friends ever asked you to do something that you really didn't want to do-like maybe cheating on your homework, cutting class, or making fun of someone? Or maybe they've asked you to try cigarettes, drugs, or alcohol? Some friends might even push you to be closer than you want to be. Good friends can handle it when you say, "No." But some people will pressure you to go along.

Be ready to handle peer pressure. Try these ideas when you're put on the spot:

- Just say, "No thanks." Stand up straight and make eye contact. This sends the message, "I really mean it. Don't ask me again!"
- Find an excuse to leave. "My parents said I have to be home by 9:30" or "I have to baby sit my brother this afternoon."

- Stand up to peer pressure. Try one of these lines:

"I feel really weird about this."

"This makes me feel uncomfortable."

"I don't think we should do this."

"Are you guys crazy?"

"My parents will kill me if they find out."

You may be surprised by how many of your friends feel the same way you do.

- Ask for help from friends or an adult if someone keeps pressuring you.
- Have a code that you can use when calling your parents or guardians to pick you up if you ever feel uneasy somewhere. It seems like everyone I know is using makeup. But I don't want to. Why do I feel like I have to wear eye shadow and lipstick to fit in?



Dealing with Bullies

Do you know a girl in your school or by your home who does any of these things? If you can think of someone, check the box.

☐ She leaves someone out of group activities on purpose.

☐ She uses people to get something

she wants, like making friends with someone who is smart just so she can do her homework for her.

☐ She uses social media, instant messenger, and/or e-mail to embarrass, threaten, or scare others.

☐ She gossips and spreads rumors.

☐ She makes fun of others for being different.

☐ She pressures others to do things they don't want to do.

Did more than one girl cross your mind? Maybe you even thought of yourself? Well, all of these actions are forms of bullying. Bullying is when one person or a group of people hurts someone else over and over. For young women, bullying is often more hurting someone's feelings than physical hurting.

If someone does hit you, though, it is best to walk away. You don't want to get in trouble or get hurt worse by fighting back.

What can you do if you are being bullied?

- Tell an adult.
- Stand up for yourself if it feels safe.
- Tell the bully to stop. Then calmly walk away
- Do not fight back!
- Don't blame yourself.
- Make new friends and get involved in activities.
- Be strong and believe in yourself.

Remember, it's okay if you don't like everyone you meet. But, it is important to be nice to everyone you meet.

Q I don't want to hurt anyone's feelings, but I don't want to include just anyone in my circle of friends. Is that bullying?

A Having a close group of friends, or clique, is not bad. But, be willing to get to know other girls, even if you think you know about them already. And, let other girls get to know you. Some girls won't have things in common with your friends, but they will figure this out for themselves and try to find people who are more like them. But, by being okay with a bigger circle of friends, you won't miss out on meeting a really cool girl.

Staying Safe

Now that you are doing more on your own, you need to take charge of your safety. Check out the tips below. Then, think through the “what-if” scenes that follow and how you would deal.

At Home

- Always know who is at the door before opening it. Ask for ID if you are unsure.
- If you're home by yourself, don't let others know.
- If someone has gotten into the house, get out right away! Call 911 from a neighbor's.

What if: A stranger says he needs help and wants to use your phone.

You can: Say no, don't open the door, and then call a neighbor, parent or guardian, or the police and let them know what happened.

In Relationships

- If you think that you are in a relationship that is unhealthy, talk to a parent or guardian, friend, counselor, doctor, teacher, coach, or other trusted person. See pages 50-51 for the list of warning signs to help you explain what's happening to an adult.
- If you are the victim of violence or abuse, it is not your fault! You are NOT the reason for the violence. Violence is NEVER okay!

- With help, you can get out of an unhealthy relationship. Sometimes, leaving an abusive relationship can be dangerous, so it is very important for you to make a safety plan.

- Stay away from the person.
- Spend time with your other friends, and don't walk alone.
- Think of safe places to go in case of an emergency, like a police station or a public place like a restaurant or mall.

What if: Your boyfriend tells you that he will hurt you if you try to break up with him. You can: Tell your parents or guardian, or another trusted adult, right away. If you are afraid to do so, call one of the hotlines listed above for help right away.

There are free hotlines that you can call 24 hours a day for help leaving an unhealthy relationship:

- The National Domestic Violence Hotline: 1-800-799- SAFE (7233)
- The National Sexual Assault Hotline: 1-800-656-HOPE (4673)

On the Go

- Tell your parents and friends where you are going, who you will be with, and when you will be back.
- Carry money, and a cell phone for emergency calls.
- With your family, decide on a code word that you can use on the phone when you need their help or need to be picked up right away.

• Walk in areas you know, on main streets that are well-lit.

What-if: Your friend says she wants you to leave a party with some people you just met.

You can: Say “No, thank you” and urge her not to go either. If she is your ride and leaves, call a parent or guardian, or other trusted adult for a safe ride home.

At the Wheel

- Always wear your seatbelt.
- Never get into a car with someone (even an adult) who has been drinking or using drugs.
- If you find yourself in the car with someone driving without care, get out of the car as soon as possible after it has stopped.

What-if: You ride with a friend who just got her license. She’s busy talking and doesn’t seem to be watching the road.

You can: Tell her you want to hear what she has to say, but to wait until after you get to where you’re headed. Tell her you aren’t good at talking and driving at the same time either!

At Work

- Follow all safety rules.
- Use safety equipment and protective clothing when needed.
- Look out for co-workers.
- Keep work areas clean and neat.
- Know what to do in an emergency.
- Report any health and safety hazards to your boss.

What-if: A co-worker asks you to “watch the shop” by yourself, while she runs out.

You can: Ask the coworker to stay, explaining that you don’t feel okay alone. If he or she leaves anyway, call the manager, if you can.

On the Internet

- If a stranger keeps trying to contact you or meet you in person, or sends you anything that makes you uneasy, report it at www.cybertipline.com and tell an adult.

Internet Etiquette



Protect Your Social Brand!

The style or color of a designer dress may vary but at the end of the day it is still a designer dress. Whatever brand you are offline should reflect who you are online. Your brand or reputation should be consistent. Always portray yourself in positive light.

Keep it classy at all times!

Today, more people will see you online before ever meeting you in person. Any images or words you post are written in ink and cannot be erased even if you delete it. For example, here are some examples of pictures to avoid: tongue hanging out, half-naked, middle finger up, using drugs or alcohol, and sexually suggestive dancing. Once it's out there in cyberspace, anyone can quickly copy, download, or screen-shot it. Inappropriate pictures, posts, or messages can result in damage to your reputation and criminal prosecution

Here are a few tips to help you protect your **Social Brand**

1. Always set the security settings to control the restrictions and information shared with about you. Only join sites where you can control the users or “friends” who view your information.
2. Keep your information private. Don’t share your password with anyone! Don’t post your address, phone number, or any private information like social security. If someone was stalking you they would know exactly where to come, so even names of the school or where you hang out or work should be kept private.
3. Create a unique screen name. For example, if your name is London Stewart, your screen name might be London Bridges. Don’t use profanity or pick names with sexual innuendos. Also, remember that when applying for a job or college admission your email should be professional (first and last name or initials). Seriously, do you really want people to make assumptions about you because of your email, i.e. missthickness@gmail.com, or badgirlbadattitude@aol.com?
4. Post only information that you would want a teacher, employer, college recruiter, grandmother to see. Even restricted sites are not guaranteed. Once something is posted, it cannot be taken back. “Delete” is not guaranteed and posts can be copied and reposted on other sites. The internet is forever.
5. If you post a photo, make sure it is one that is tasteful. Photos can be altered but there isn’t much you can do about that except not post a photo.
6. Never flirt with strangers. Period.
7. Never meet someone in person that you don’t know.
8. If something seems wrong online, trust your gut and tell an adult. Cyber-bullying, scams, hoaxes are everywhere and should never be on social networking sites.
9. Never click on ads or other appealing pop-ups. This is a way to open up your computer to viruses and to let others get at your private information.
10. Always make your parents or guardian aware of what sites you are joining. Remember it’s not about invading your privacy but about making sure you are safe.



It's Your
Future

Planning for Your Future

Don't know where to start planning for your future? Youthhood.org can help. This website is designed for teens and can help you think about what you want to do with the rest of your life and help you plan for the future. What will you do after high school? Will you work? Go to college? Live in a place of your own? These are some very important questions that you should think about as a teen!

No matter your age, it can't hurt to start thinking about your future. What are your interests? What things are important to you? (Things that are important to you are called your values.) Whether you are interested in art, computers, medicine, or countless other possibilities, planning for your future is an ongoing process. It includes:

- Learning- be open to new ideas and willing to learn from others.
- Setting goals- write down what you want to accomplish and then act on it, even if its small steps.
- Taking risks – sometimes your path will lead you to pursue things that no one in your family has done before, i.e. go to college, move to another city, etc. Don't be fearful to step outside of your comfort zone.

- Making choices- the power of choice is the greatest power we have been given. Making good choices which lead to success.

It is important to start the planning process now. Find out what classes you might need to take to reach your goals. For example, if you want to be a veterinarian then you will need to take math and science classes. Begin to think about how you are doing in school - it is never too early to try your best with your future in mind.

Getting Organized

No matter what you do, you will need to learn skills that can help you make the most of your talents. The following skills will benefit you now and throughout your life.

Time Management

Time management means arranging your schedule in a way that lets you get things done on time, without feeling too overwhelmed or stressed out. Have you ever felt stress in turning in a school assignment? Time management skills will help you plan for completing your assignments, chores and so much more... on time!



According to the College Board, here are 8 tips to help you manage your time:

1. Make a to-do list every day. Put the most important tasks at the top, even if they're things you're dreading, and tackle them first. Include things you want to do on your list too, so you have items you're looking forward to. Try motivating yourself with a reward if you get to everything on your list.

2. Keep your work with you. That way, if you find yourself with extra time—while on the train or bus or waiting for an appointment—you can get something done.

3. Don't be afraid to say no! It's OK to say no if your friend asks you to go to a movie one night but you have a test the next morning. Instead, find a time that works for both of you and go see the movie then.

4. Find your productive time. Are you a morning person or a night person? You'll be more efficient if you work at a time when you are most productive.

5. Create a dedicated study time. Set up a time devoted only to studying or homework. . Shut off your phone and respond to calls or texts when your work is finished. Don't check email or surf the Internet during this time unless it's necessary for the project you're working on.

6. Budget your time. Figure out how much time you usually spend on your activities and then create a weekly schedule to follow. Determine how much free time you have before you add any commitments. And don't forget to schedule time to relax!

7. Don't get sidetracked. If you find yourself wasting time on unimportant things, stop, check your to-do list and get back to what's at the top. Maybe you're procrastinating because you're not sure how to move forward on a school project. If that's the problem, check with your teacher to clear things up so you can get moving.

8. Get a good night's sleep. Your brain needs rest to perform at its peak. If it's time to sleep, list the things you still need to get done on the next day's to-do list and go to bed.



Money Matters!

The teen years signal the beginning of independence. Having a job helps you prepare for adult life. It teaches you responsibility, gives you work experience, and puts money in your pocket. Many teens work to save for college or to pay for things like clothes, video games, entertainment, gas or cell phone bills.

The first principle of managing your money is budgeting. Even before you receive money, it's important to create a budget to distinguish your needs vs. wants and prioritize your purchases. Budgets consist of your income (money that comes in) and expenses (money that goes out). Every time you get paid, you should always pay yourself by making a deposit to your savings account.

Banking for Teenagers

Although teens don't have as many financial responsibilities as adults, most teens want to know more about money and how to manage it. Learning to manage your money now will mean more in your pocket later. Whether you get money from an allowance, gifts, or a job, it is never too early to learn the basics about spending, saving, and investing. Make sure you visit local banks to determine the best place to open your account. If you are under 18, a parent or guardian may have to accompany you.

Savings Account – If you're serious about saving, keeping your money in a shoebox or under a mattress isn't going to cut it. It's time to start a savings account. You may have to start with a savings account before establishing a checking account. Look for a bank that offers a higher interest rate (that's the money the bank pays you to hold your cash with them). Also, make sure the bank doesn't charge a lot of service fees.

Checking Account -There are several types of checking accounts. The basic type is mainly used to pay bills and to get cash via a debit (ATM) card to keep on hand for daily expenses. Keep in mind, some checking accounts require a minimum balance to avoid monthly fees. These accounts also require a great amount of responsibility!

Fortunately, most banks offer fee-free banking for teens. Many banks also offer bonus interest for making more than one deposit a month and no withdrawals. So try to SAVE, SAVE, SAVE!

Warning! Beware of payday loans, currency exchanges and other similar check cashing or quick loan businesses. These establishments make money by charging excessive fees for you to cash your check or get a loan. Avoid them! It is best to deposit your check into a bank account.



Credit Cards and your Credit Score

Teens under the age of 18 are not legally allowed to obtain credit cards without their parents' consent. But this has not stopped credit card companies from offering credit cards to teens. Having a credit card when you're young is a BIG responsibility, and it should not be taken lightly. Teens should avoid credit cards especially while in college! Many adults can testify that one of the worst financial decisions they made was getting a credit card while in college.

Credit cards have high interest and other fees that can cause problems that will stay with you beyond your teen years into adulthood. Credit cards do offer convenience. However, they should be used to establish a good credit history. Paying your bills on time, paying more than the minimum required and not carrying large monthly balances contribute to a good credit score.

Your credit score becomes extremely important when you are ready to:

- Rent an apartment
- Secure a car loan
- Buy a house
- Start a business
- Qualify for a job (employers are increasingly using credit scores when evaluating job candidates)

You can check your credit history each year by requesting a FREE copy of your credit report at www.annualcreditreport.com.

A credit report keeps track of the money you've borrowed and paid back, including late payments. A credit report includes information on where you live, how you pay your bills, and whether you've been sued or arrested, or have filed for bankruptcy. So, you can see that it's very important to have a good credit score.

My Short and Long Term Goals

Goals are specific objectives that help you plan your activities and strategies. A short term goal is a goal that only takes a few days or weeks to achieve. For example, completing daily homework assignments or spending more time on daily homework assignments.

A long term goal takes several weeks, months, or even a full school semester of year, to achieve. An example would be to improve a grade by the end of the semester. You can create a goal sheet to list your short and long term goals and the action steps needed to accomplish them.





Why College?

Getting ready for a college education requires a lot of time, effort, and careful planning by you and your parents. College also provides information and skills that you will use for the rest of your life to help you succeed in whatever you do. Staying in school and going to college will help you choose to do.

Staying in school and going to college will help you:

- Get a better job. More and more jobs require education beyond high school. With a college education, you'll have more jobs from which to choose.
- Earn more money. A person who goes to college usually earns more than a person who doesn't.

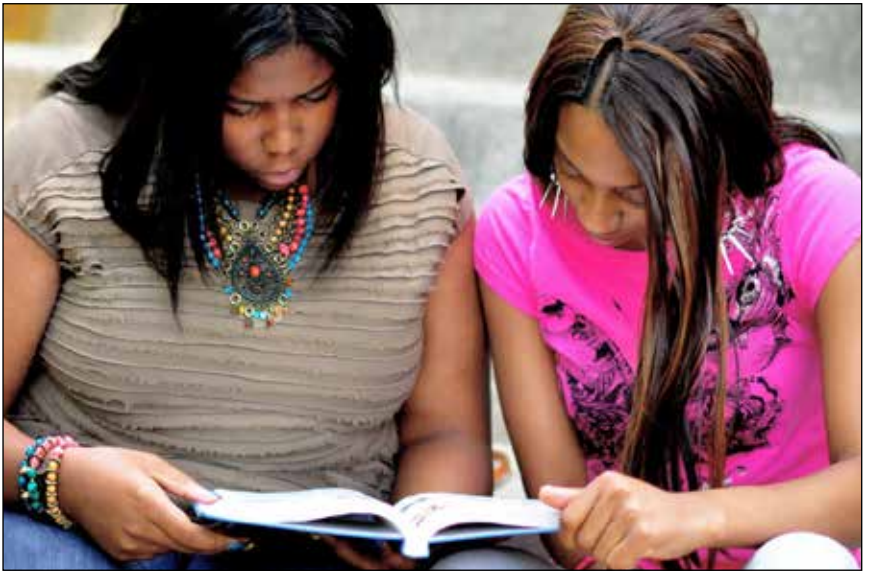
On average, over a lifetime, someone who spends two years in college earns \$250,000 more than someone who doesn't—that's right—a quarter of a million dollars more over a lifetime.

- Get a good start in life. College also trains you to express your thoughts clearly, make informed decisions, and use technology. All of these are useful skills on and off the job for life. All of these are useful life skills on and off the job.



It's never too early to start planning for college. If you are in high school, it's important to know the recommended curriculum for college bound students.

ENGLISH	4 UNITS
MATHEMATICS	3 UNITS
SOCIAL STUDIES	3 UNITS
SCIENCE	3 UNITS
FOREIGN LANGUAGE	2 UNITS



Pre College Vocabulary

Freshman year in high school is the time to start preparing for college. Your GPA is based upon all four years of high school. The knowledge gained during your freshman and sophomore years will help you score higher on the ACT and SAT tests.

Admission to college is based primarily on three items:

1. High School Grades (transcript)
2. Class Rank-- a comparison of your grade point average (GPA) with the GPA of others in your class.
3. ACT or SAT SCORES-Standardized tests taken during the junior and/or senior year

College Vocabulary

Undergraduate: a student who has not yet completed a bachelor's degree; a high school graduate attending college is an undergraduate student.

Graduate: A student who has received a bachelor's degree and is pursuing a master's, doctoral or a professional (i.e., medicine, law) degree.

Remember...Early planning can eliminate future problems!!



Types of Colleges

College: The general term for a school that students attend after high school; a four-year, undergraduate school offering majors in different academic subjects such as: Literature, History, Math, Science, Fine Arts, Philosophy, or Government.

Colleges are often smaller than universities and may offer more individualized attention. Some colleges are known as “liberal arts” schools because students are encouraged/required to take courses in a variety of subjects. (A division of a university is also known as a college.) **University:** a four-year institution offering undergraduate, graduate and professional programs. Universities are often larger schools divided into a variety of career-oriented colleges such as, Business, Education, Medicine, Engineering, or Liberal Arts. Universities also provide many research opportunities for interested students. **Community College:** Also known as a Junior College, is a two-year institution, offering a variety of pre-professional programs and transfer programs to help students prepare for a job or a four-year college or university.

Financial Aide

The costs associated with college may include:

- Tuition (the cost of classes)
- Books and supplies
- Student fees
- Room and board (housing and meals)
- Transportation

You can reduce your out-of-pocket costs for college by understanding options.

You can:

- Use money from savings
- Work during the summer/part-time during school
- Apply for scholarships
- Apply for financial aid

Receiving Federal Aid

All students should complete the FAFSA (Free Application for Federal Student Aid). This form helps the government and colleges determine which financial aid programs eligible to receive. The FAFSA must be completed as soon as possible after January 1st of your senior year (or the year you plan to begin college). To complete the form, you will need:

- A social security number
 - Your tax return forms
 - Your parents' tax returns (or an estimate of income and taxes they expect to pay)
 - Your code number of your high school
 - The code number of the college(s) to which you are applying
- Your college counselor should have the FAFSA. If not, contact ISAC or the Department of Education.



Work-Study

A program for students to earn money through an on-campus job while in college. Work study is part of a student's financial aid package so there is usually a limit on the amount of money that can be earned under this program.

Grants

Money awarded to a student based on the family's economic situation. Grants do not have to be repaid and may come from federal and state funds or directly from a college or university. Grants are based on need and may not be available to all students. Several grant programs exist in Illinois. The Monetary Award Program is for Illinois residents who attend Illinois colleges

Scholarships

Funds awarded to students on merit and ability. Some scholarships are automatically awarded by the college you attend. For other scholarships, an application, essay or personal statement is required. Students with good grades, or talents and abilities in specific areas can apply. You can find books of scholarships awarded by colleges, organizations, companies and foundations through books at your high school's counseling office or in the library.

Loans

Money borrowed from the government, your college, a lending institution or bank to cover college expenses. The money from a loan must be repaid. But loans are not something to be afraid of. With wise borrowing practices, they can be effective in meeting costs. Just as people borrow money to pay for investments such as a house or car, a college education is an investment for which loans are available and practical.

Warning: For-Profit Colleges that offer an accelerated bachelor's degree. Oftentimes these institutions are not accredited. You should not have to sign a CONTRACT to go to college. Please seek assistance from your school guidance counselor or a knowledgeable adult

Top 20 Questions to Ask Colleges

1. What type of institution is your school (public, private, etc.)?
2. What are the majors and best programs offered at your school?
3. What are the entrance requirements at your school (average GPA, average ACT score, class rank, etc.)?
4. What is the graduation rate of students at your school?
5. What is the cost, including tuition, room and board, fees, etc.?
6. What is the average financial aid package?
7. Is financial aid based on need or a student's ability?
8. How and when can I apply to your school and for financial aid?
9. How large is your school? What is the ethnic/racial composition of the student body?
10. Where is your school located? Are there satellite campuses in other areas?
11. What is the community like around the school? Is transportation available to places nearby?
12. Do most students live on or off campus? What are the living arrangements like?



13. Is tutoring available to students? Career Counseling? Academic Advising?
14. What is the average class size? Are classes taught by professors or teaching assistants?
15. What is the student/teacher ratio? Is there a lot of student/teacher interaction?
16. What computer facilities are available on campus for students?
17. What is the social life like on campus? Are there many clubs and organizations? Sororities (for girls) and Fraternities (for boys)?
18. What student support services are available for students? Are there special programs for minorities on campus?
19. Are there competitive sports teams at your school? Intramurals? Athletic?
20. What makes your school different from other colleges/universities that are similar in size and reputation?



You probably know about people with careers such as teachers, doctors, actors, and lawyers. But did you know that there are thousands of other possibilities out there? You may be years away from deciding what you want to do as a career, but you should be open to exploring different options and thinking about what interests you.

Visit the Bureau of Labor and Statistics website to explore more career paths at: <http://www.bls.gov/k12/index.htm>

Earning a degree can mean earning more money. It's important to remember, though, that the more challenging and high-paying jobs require at least a high school diploma, so work hard and stay in school! Recent findings from the Bureau of Labor and Statistics show that full-time workers without a high school diploma earn about 25 percent less than high school graduates who have never been to college. People who graduate with a bachelor's degree make 45 percent more than workers who only have a high school diploma.

What does this mean in real numbers? Based on these statistics, a person's yearly income would look like this:

Didn't graduate high school = \$23,868

High school graduate = \$32,188

College graduate (4-yr degree) = \$57,980

Choosing a Career

What do you want to be when you grow up? How about a writer, a medical researcher, a computer programmer or television producer? Whatever it is, you will learn that there are many paths to a career. After high school, you can choose to continue school or begin a career right away. It's not too early to start thinking about your future educational and professional goals.

No matter your circumstances, there are many options for your future. Listed below are a few alternative options for completing high school or attending college or university.

Job Corps

Job Corps is a no-cost education and vocational training program run by the U.S. Department of Labor External link that helps young people (ages 16 through 24) improve the quality of their lives through vocational and academic training. Job Corps also offers the opportunity to earn a high school diploma or a GED for those young people who don't have either. For youth who already have a high school diploma, Job Corps can help them prepare for college through partnerships with local colleges. Resources are also available for English Language Learners. Learn more about Job Corps at www.jobcorps.gov

Trade Schools

Trade schools can equip you with the tools you need to go after a job where you use your hands to make a noticeable impact in the world. If you enjoy building stuff or fixing things with your hands, then selecting a good trade school may be something you should consider. The United States is experiencing a shortage of qualified trades people. By learning a skilled trade, you can master the kind of work that can only be carried out locally. Whether your interest lies in construction, cosmetology plumbing, electrical work, carpentry, or one of many other trades, there are many opportunities if you want an essential, hands-on career.

The Military

The Military is comprised of 12 service branches: five Active Duty and seven part-time duty. Part-time duty consists of five Reserve and two Guard branches. Each branch varies greatly in service, commitment, location and how its members contribute to the overall mission of protecting our country, though all branches are on the same rank-based pay scale. Knowing the differences between each type of service will help you choose which branch fits you best. The first steps to considering service include understanding the Military's basic entrance requirements, exploring the different service branches and deciding between enlisted and officer career paths. Visit www.todaysmilitary.com to learn more about military options.





We Need More Girls in STEM Careers!

Are science, technology, engineering and math important for girls? "Yes!" Science, Technology, Engineering and Mathematics, also known as STEM, are important fields for the future. Jobs in these areas offer higher than average salaries, and employment in science and engineering occupations are expected to increase much faster than the overall growth rate for other occupations. In other words, STEM is where the good jobs are!

According to the National Council for Women and Information Technology, there will be around 1.4 million computer specialist job openings expected in the U.S. by 2020. Women have the capability to hold 50 percent of those jobs.

To learn more about STEM careers visit sites like:

Center for STEM Education for Girls-
<http://stemefg.org/>

National Girls Collaborative Project- <http://www.ngcproject.org/>

AAUW- <http://www.aauw.org/what-we-do/stem-education/>

For Girls in Science- <http://forgirlsin-science.org/>

NASA: "Aspire to Inspire" – <http://women.nasa.gov/a2i/>

Girls Start- <http://www.girlstart.org/>

Think BIG!

How BIG are your dreams? If they aren't bigger than where you are and what you can do today, then THINK BIGGER! What keeps most people from completing their goals and dreams are limitations we allow others to put on us, or that we put on ourselves.

Sometimes we listen to people when they tell us that an idea will never work or that we need to quit. If you listen to these negative voices long enough you will begin to believe them. In order to truly grow and pursue your dreams you have to "let go and **THINK BIG!**"

Start with how you think, then with how you speak, followed by how you live. Use the "My Life BIG" activity to assist and support you. activity Download a copy at www.demoiselle2femme.org/south-side-coalition-on-girls/

Mahatma Gandhi, a man who Dr. Martin Luther King Jr. admired and modeled his principles for non-violence said: Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny."

My Life... BIG

It's time to Think BIG! Take some time and really think about how you envision your future. If you plan to accomplish some BIG things in life then you must think, plan and execute your way to the BIG LIFE now. Revisit the boxes below and write your BIG LIFE goals for each one. Remember to THINK BIG ... there is a purpose for your LIFE!

BIG Faith: Religion/Spirituality!	BIG Health Goals: "Thinking my body right!"	Going BIG in Education!
BIG Family Connections!	BIG Career Moves!	BIG Travel Plans and Adventures!
A Big Heart for Love!	Serving BIG in the Community!	BIG Assets! (friends, love, gifts, talents, etc.)

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Since your actions become your habits, you need to make sure that your daily actions form good HABITS. In the end, your habits will demonstrate what you value in life (i.e., drugs, relationships, money, God). Your life will also be a direct reflection of whose voice, thoughts and opinions you chose to follow. So step outside of your comfort zones and **THINK BIG!**

Urban Girls Resources




ARTS & HUMANITIES

ALYO Children's Dance Theatre

1525 E. 53rd St., Suite 810 / 331 W. 45th St, Chicago, IL

Contact: Kimosha Murphy / (Ph) 773-719-7273

Email: alyocdt@gmail.com

Website: Coming Soon! Social Media: 

About: ALYO is a non-profit performance and educational arts organization whose mission is to develop and maintain an African centered, youth based, arts and education program. ALYO teaches the joy of dance song, rhythm, folklore and oral traditions of the African Diaspora. **Programs/Services:** Dance, Drums, Touring Company as Adult Ensemble, Youth Company & the Village Family

Ayodele Drum & Dance Community

1301 W. 52nd St., Chicago, IL 60609

Contact: Tosha'Ayo' Alston, Artistic Director / (Ph) 773-619-8791

Email: tosha.ayodele@gmail.com

Website: www.ayodeledrumanddance.com Social Media:     

About: Ayodele, A Yoruba word meaning joy in the home, is a sisterhood of women who recognize the guidance of the creator in our mission to study, absorb, and express ourselves through African drum and dance from a woman's perspective. **Programs/ Services:** Sesa Wo Suban (5-8 yrs old) African dance, snack, & African crafts, African Dance (5-12 yrs old) and Adult

Beverly Pagoda Martial Arts

1856 W 95th St., Chicago, IL 60643

Contact: Kenneth Kates (Ph) 238-2701

Email: beverlypagodamaa1@wowway.biz



Website: www.beverlypagodamartialartsacademy.com Social Media: 

About: We offer an open Martial Arts environment in which quality and honorable instructors as well as students are welcome to gain and share knowledge. **Programs/ Services:** Martial Arts, Physical Fitness, Rape Prevention, and Personal and Family Defense Pagoda Ryu, Tae Kwon Do, Karate, Self-Defense, Grappling

Bronzeville Children's Museum

9301 South Stony Island Avenue, Chicago IL, 60617

(Ph) 773. 721-9301 Email: bronzvll@aal.com

Website: www.bronzevillechildrensmuseum.com Social Media:  

About: The Bronzeville Children's Museum is the first and only African American children's museum in the country. The museum was founded on August 20, 1993 and named after the Bronzeville community on Chicago's Southside, where African Americans settled in Chicago after coming from the South. **Programs/Services:** We provide unique guided tours that emphasize educational messages designed to engage children ages 3-9 in learning through hands-on

Community Film Workshop of Chicago

Address: 6200 S. Drexel, Rm. 201, Chicago, IL 60637

Phone: 773.752.9335

Contact Person: Margaret Caples

About: The mission of the Community Film Workshop of Chicago is to provide access to media production that supports the development of independent media artists in under-served and under-represented communities. **Programs/Services:** CFWC's programs include youth media, film aesthetic series and professional development classes and seminars.

ETA Creative Arts Foundation Inc.

7558 S South Chicago Avenue, Chicago, IL 60619-2644

Contact: Phillip Thomas (Ph) 773. 752-3955 (Fax) 773. 752-8727

Email: info@etacreativearts.org Website: www.etacreativearts.org

Social Media:     

About: ETA Creative Arts Foundation seeks to be a major cultural resource institution for the preservation, perpetuation and promulgation of the African American aesthetic in the City of Chicago, the State of Illinois and the nation. **Programs/Services:** ETA provides professional opportunities by way of training and performance for the development of both youth and adults as artists and technicians; sales for visual artists through the gallery and exposure for the general public to authentic, valid projections of African American lifestyles, experiences and aspirations.

Faie African Art

4317 S Cottage Grove Ave, Chicago, IL 60653

Contact: (Ph) 773-268-2889

Email: Faie@ATT.net Website: www.faieafrikanart.com Social Media: 

About: FAIE AFRIKAN ART showcases outstanding pieces from the Western, Eastern, Central and Southern Regions of Africa. FAIE's purpose is to make quality African art, usually found in private collections and museums, available to wider audience, particularly those in the Diaspora, and all who are seeking deeper purpose and unspeakable beauty.

Fitzgerald Martial Arts

1742 E. 55th street, Chicago, IL, 60615

Contact: Phone 773-541-8042

Website: www.fitzgeraldsmartialarts.com Social Media:   

About: Fitzgerald's Martial Arts specializes in Korean martial art of Tang Soo Do and is Chicago's first member school of the International Tang Soo Do Federation (ITF). **Programs/Services:** Adult, Weapons, Red/Black Belt, children, youth, beginner, sparring classes, Karate Camp, and Afterschool Program.



Hyde Park Art Center

5020 S. Cornell Chicago IL 6061 (F) 773-324-6641

Email: generalinfo@hydeparkart.org Website: www.hydeparkart.org Social Media:

About: The Hyde Park Art Center is a non-profit organization dedicated to stimulating and sustaining the visual arts in Chicago. Our 6 galleries are free and open to the public 7 days a week. **Programs/Services:** Tuition-based studio art classes, Free galleries feat. Contemporary art, Community Events

Hyde Park Suzuki Institute Inc.

5500 S. Woodlawn Ave Chicago IL 60637

Contact: Lucinda Ali-Landing (Ph) 773.643.1388

Website: www.hydeparksuzuki.org Social Media:   

About: The Hyde Park Suzuki Institute was founded in 1998 to bring the joy of music and the expression of its richness to fertile young lives through the teaching methods of those who have proven through experience and research the exceptional learning ability of the young child.

Programs/Services: Instruction in violin, viola, cello, piano, and harp for children ages 3 and up.

Hyde Park Youth Symphony

5600 Woodlawn Ave, Chicago, IL 60637

Contact: Chris Ramaekers, Director (Ph) 248-935-6694




Email: director@hpys.org Website: www.hpys.org

About: The Hyde Park Youth Symphony is a community-based organization dedicated to providing a high-quality arts experience to youth on the south side of Chicago and nurturing in them a love for music that will last a lifetime. **Programs/Services:** Senior Orchestra (Grades 7-12), Intermediate Orchestra (Grades 5-8), Junior Strings (Grades 2-6)

Hyde Park School of Dance

5650 S. Woodlawn Ave. Chicago, IL 60637

Contact: Mariam Thiam (Ph) 773-493-8498 Email: mariam@hydeparkdance.org

Website: www.hydeparkschoolofballet.org Social Media:   

About: The Hyde Park School of Dance provides opportunities for students of all ages to study, perform, and create classical and contemporary dance at the highest levels of discipline and artistry. Our goal is to cultivate a love of dance and strength of body, mind and character that will benefit our students throughout their lives. **Programs/Services:** Creative movement classes, ballet, modern dance, jazz, yoga, and various classes for teens and adults

Joan's Studio for the Performing Arts

1438 E. 57th St. Chicago, IL 60637

Contact: Joan B. Steggemann (Ph) 773-493-9288 Email: joanbyrd@sbcglobal.net

About: Joan's Studio for The Performing Arts exist to offer people of all ages creative experiences through the performing arts. **Programs/Services:** We have classes for everyone from rhythm classes for toddlers, dance and music classes for school children, and music and dance classes (both beginning and advanced) for adults. We offer instruction in brass, drums, guitar, piano, strings, voice, woodwinds, world percussion (conga, frame drums, djembe, vibraphone), Tai Chi and Yoga

Little Black Pearl

1060 East 47th Street Chicago, Illinois 60653

Contact: Phone 773. 285-1211 (F) 773. 285-1633


Email: info@blackpearl.org Website: www.blackpearl.org Social Media:  

About: At Little Black Pearl (LBP) we commit ourselves each day to achieving success for all children by empowering them to envision and achieve their unique potential through art and entrepreneurship. **Programs/Services:** Arts=Smarts signature after school program music, glass-blowing, ceramics, multi-media and painting studios, LBP Network Café, creativity camp painting, dance, spoken word, music, and ceramics studios, polished pearls art, fitness and self-development.

M.A.D.D. Rhythms (Making a Difference Dancing)

7058 South Shore Dr. Chicago, IL 60649

Contact: Bril Barrett (Ph) 773.604.1899 or 773.256.1899 Email: bril@maddrhythm.com

Website: www.maddrhythms.com Social Media: 

About: M.A.D.D. RHYTHMS' mission is to preserve and promote tap dance, not only as a means of entertainment, but also as performance art in its truest sense. **Programs/Services:** The M.A.D.D Rhythms Tap Academy

Mayfair Academy of Fine Arts

8701 South Bennett Avenue Chicago, IL 60617

Contact: (Ph) 773768-8701 Website: www.mayfairacademy.net Social Media:  

About: Mayfair Academy of Fine Arts is a school for the performing arts, specializing in the instruction of dance and music to the children of the South Side Community and the city of Chicago at large. **Programs/Services:** Various classes which include ballet, tap, jazz, hip hop, and combination.

Muntu Dance Theatre of Chicago

7127 South Ellis Avenue, Suite 2 Chicago, IL 60619

Contact: (Ph) 773.241-6080 Fax-773.241.6089 Email: info@muntu.com Social Media: 

About: The mission of Muntu Dance Theatre is to preserve and perpetuate the African aesthetic and its influence on world cultures, through the education and professional presentation of dance, music and folklore. **Programs/services:** Professional performances both at home and abroad, comprehensive community arts programs, classes for the public and professional training for emerging new young artists.

Muzicnet School of Music

8725 S. State St. Chicago, IL 60619

Contact Person: Aaron Franklin (Ph) 773.487.7523 Email: learntoplay@muzicnet.net

Website: http: www.muzicnet.net Social Media:  


About: Muzicnet is a network of professional musicians and music educators committed to instructing musicians, equipping churches, serving communities and restoring integrity to the arts – globally. **Programs/Services:** Music lessons, Before and After School programs. Onsite training at your church or school—classes for ages 3-93.

PathWay to Harmony Aikido Martial Arts

8512 South Cicero in Burbank, IL.

Contact: L. Rick Butler (Ph) 773.720.4100

Email: pathwayharmony@sbcglobal.net

Website: www.pathwaytoharmony.com Social Media: 

About: Pathway to Harmony, Inc., is a not for profit created in 2006 to address the issues of stress, apathy, frustration, anger, and violence that have a profoundly negative impact on our communities; and to motivate youth and adults to enhance their quality of life. **Program/Services:** Pathway to Harmony Our program are specifically designed to be of benefit to all participants, especially youth and adults at risk from stress related to school, family, work, finances, personal relationships, peers and their social environment.

Piano Fingers

5234 S. Blackstone Ave. Suite L Chicago, IL 60615

Contact: Ericka Lyda (Ph) 773.641-3851 Email: Website: Social Media:

About: Our mission is to introduce students to the fundamentals of music education. Our goal is to give all students the opportunity to achieve in the arts, and reap the benefits of a complete, creative, innovative education. **Programs/Services:** Piano Lessons; Specializing in ages 3yrs -18 yrs.

Red Clay Dance Company

1507 E 53rd street #905, Chicago, IL, 60615

Contact: Vershawn Sanders (Ph) 773-789-9238

Email: info@redclaydance.com

Website: www.redclaydance.com Social Media:      

About: Red Clay Dance lives to awaken global change through creating, performing and teaching African diaspora inspired work that transforms social, cultural, and economic imbalances.

Programs/Services: Red Clay Dance professional touring company available for performances and workshops, Red Clay Dance youth ensemble, and Community engagement education partnerships (CEEP).

Sammy Dyer School of Theater

513 W. 72nd Street Chicago IL 60621

Contact: Muriel Foster Phone-773-651-3210

Email: sammydyerschoolofthetheatre@yahoo.com

Website: www.sammydyerschoolofthetheatre.com Social Media:     



About: The purpose of the Sammy Dyer School of the Theatre is to promote the progress of creativity and education in the performing arts as well as to assist children in receiving quality instruction in technique and dance appreciation. **Programs/Services:** Acrobatics, Ballet, Hip-hop, Jazz, Musical Theatre, & Tap.



SkyART (formerly South Chicago Art Center)

3026 E. 91st Street, Chicago IL 60617

Contact (Ph) 773.731.9287 Email: info@skyart.org website: www.skyart.org




Social Media:   

About: SkyART's mission is to provide youth with an accessible, safe place to participate in quality visual arts programs. **Programs/Services:** Animal Finger Puppets, Holiday Workshops, Bookmaking, **Jewelry Making**, Mask Decorating, Media Specific Classes, Mosaic Panels or Mosaic Mirrors, Mosaic Pots, Mural, Printing, Quilting, Repousse (pressing designs into metal), Scratchboard, Self-Portrait, Tie- Dye, and Wish Boxes.

Studio One Dance Theatre

1849 W. 95th Street, Chicago IL 60643

Contact: Pamela Avery (Ph) 773.239.7190

Website: www.studioonedancetheatre.com Social Media:   

About: Whether it's jazz, ballet, hip hop, modern, or tap, Studio One dance, students will learn how the art of movement can tell a story, argue a point, and evoke an emotion.

Programs/Services: youth jazz classes, ballet classes, hip hop classes, modern dance classes, tap classes, and even new acting classes for kids of all ages.

TAC Karate

7223 S. Stony Island Ave. Chicago IL 60649

Contact: Larry Tankson (Ph) 773-684-8500

Email: ltankson@msn.com Website: www.tackarate.com




About: TAC Karate is one of the oldest martial arts schools in Chicago. Under the leadership of Kyoshi Larry C. Tankson, the school has provided quality martial arts instruction for 30 years.

Programs/Services: Traditional Karate & Self-Defense, Little Tigers, Sport Karate, Martial Arts Enrichment Program (M.A.E.), CardioKick, Karate Day Camp.

You Media @ The Chicago Public Library

Harold Washington Library: 400 S. State Street, Chicago IL., 60605

Contact: (Ph) (312) 747-5260

Website: www.chipublib.org/hwlc-youmedia Social Media:   

About: an innovative, 21st century teen learning space housed at the Chicago Public Library's downtown Harold Washington Library Center. YOU Media was created to connect young adults, books, media, mentors, and institutions throughout the city of Chicago in one dynamic space designed to inspire collaboration and creativity. **Programs/Services:** We focus on art, digital media, making and STEM (science, technology, engineering and math) projects.



EDUCATION

Alpha Temple M.B. Church Adult Education Program (B.E.S.T. Adult Literacy Program)

6701 S. Emerald, Chicago IL 60621

Contact: Mrs. Shirley A. Jenkins (Ph) 773.723.5500 or 773.962.1001

Email: alphatemplemb@sbcglobal.net Website: www.atmbc.org

Programs/Services: Literacy programs, Math and Reading tutoring; On-on-One Instruction; computer programs

Bishop Shepard Little Memorial Center

5230 S. Halsted Chicago, IL 60609

Contact: Jeanina Payne (Ph) 773-451-6630 (F) 773 891-5783

Email: bslmccenter@gmail.com Website: www.bslmc.org Social Media:   

About: The Bishop Shepard Little Memorial Center, Inc. is a private, non-profit, charitable organization birthed out of the Liberty Temple Church of God in Christ. Founded in 1999 and located on Chicago's South Side. They service residents of the West Englewood and New City communities offering after school and weekend activities designed to inspire and motive them to higher heights. **Program/Services:** We provide after school as well as out of school services year round for youth 7 to 18 years of age.

Bronzeville Alternative Academy

220 W. 45TH Place Chicago IL 60609

Contact: LaShaun Jackson (Ph) 773.538.0059

About: Provides a high school level academic program for 17-21 year olds. Students receive high school credits and work toward graduation with a diploma. Admissions Placement test, student interview, parent interview and orientation are required. Referrals from childcare and social service agencies accepted. **Programs/Services:** one-on-one tutoring, pre-employment training, counseling.

Chicago Excel Academy, Roseland

1257 W. 111th St., Chicago IL, 60653

Contact: Tyree Booker (Ph) 773.629.8736

Email: tbooker@cameloteducation.org Website: www.cameloteducation.org/excel-academy-of-roseland Social Media:  

About: Excel Academy is an accelerated school of choice for students that are 16-21 years old and are behind in their studies. **Program/Services:** The program offers an extended day and a full complement of courses needed for students to acquire the 23.5 credits for CPS graduation in 2.5 years or less.



Community Youth Development Institute

7836 South Union Ave, Chicago, Illinois 60620

Contact: Ms. Shonnette Collier (Ph) 773. 224-2273

Email: info@cydihs.org Website: www.cydihs.org

About: Community Youth Development Institute is a campus within Youth Connection Charter School. CYDI exists to educate youth while creating a safe and caring school environment, where all students succeed. **Programs/Services:** Academic subjects are supported with problem, project and inquiry-based learning activities.

Dawson Technical Institute

3901 South State Street, Chicago, IL 60609

Contact: (Ph) 773.451.2000 (F) 773-451-2160

Website: www.ccc.edu/colleges/kennedy/departments/Pages/Dawson-Technical-Institute.aspx

Social Media:  

About: Dawson Technical Institute (DTI) is an occupational training center established in 1968 as the Chicago Skill Center (later the Chicago Urban Skills Institute) through the collaboration of the City Colleges and Thiokol. **Programs/Services:** Bricklaying, Combination Welding, Concrete Masonry, Construction Carpentry, Construction Management (A.A.S. Degree), Building Maintenance (Home Remodeling), Overhead Electrical Line Worker, Plumbing and Fire Protection.

Ivy League Tutoring

7134 S. Jeffery Blvd. Chicago, IL 60649

Contact: (Ph) 773-752-2222 (F) 773-752-8888 Email: vyleaugetutor@scbglobal.net

Website: www.ivyleaugetutoring.biz Social Media: 

About: Ivy League Tutoring is Chicagoland's high-quality one-on-one tutoring agency. **Programs/Services:** Tutoring for Pre-K to Graduate level for students performing below, at or above grade level.

Kennedy King College Adult Literacy Program

6800 W. Wentworth Chicago, IL 60621

Contact: 773.226.5000 Ext.3662 (F) 773. 602-5343

Website: www.ccc.edu/colleges/kennedy/departments/Pages/Adult-Education.aspx

Social Media: 

About: Adult Education is a comprehensive program of free classes for adult students who need to learn or improve their English language or basic literacy skills, obtain a GED® certificate, or prepare for the Citizenship exam. **Programs/Services:** GED classes, Computer classes



Kumon Math & Reading Center

1525 E. 55th St. Chicago, IL 60615

Contact: Phone 773-955-7010

Email: eahme1@ikumon.com Website: www.kumon.com

About: Kumon is an after-school math and reading enrichment program. By helping to build self-confidence, Kumon leaves children feeling empowered with the desire to achieve more.


Programs/Services: After-school math and reading enrichment program, ACT & SAT Preparation.

Olive-Harvey Middle College

1001 S. Woodlawn Ave Chicago, IL 60628

Contact: Rita Reterzak (Ph) 773.291.6518

Websites: www.ccc.edu/colleges/olive-harvey/departments/Pages/Alternative-High-School.aspx

Social Media:  




About: It is the educational philosophy of Olive-Harvey Middle College High School to foster a nurturing and positive educational environment to all students, regardless of their previous setbacks or current obstacles so that they can achieve academic success.

Programs/Services: Early College and 18 Plus.

Progreso Latino- GED

2570 S. Blue Island Chicago, IL 60608

Contact: (Ph) 773.890.0055

Website: www.idpl.org Social Media:   

About: Our mission is to contribute to the fullest development of Latino immigrants and their families through education, training, and employment that fosters full participation in the changing US society while preserving cultural identity and dignity.

Programs/Services: GED only offered in Spanish; ESL classes; computer classes; Spanish literacy program; citizenship; computer classes. Must be 19 or older; exceptions are made for ages 17-18 with a high school release form.

Sullivan House Alternative High School

8164 S. South Chicago Ave Chicago IL 60617

Contact: Dr. Gattuso Phone 773.978.8680

Email: Website: <http://www.asnchicago.org/hs-adulted/72-sullivan-house-alternative-high-school>

About: Sullivan serves students ages 16 to 21 who have dropped out or who have difficulty in traditional high school settings study a basic high school curriculum leading to a diploma.

Programs/Services: The emphasis is on developing reading and writing skills by participating in the SHHS Literacy Program, Principal Writing Prompt, journal activities, student portfolio process

Trinity Higher Education Corporation

1947 West 95th Street, Chicago, IL 60643






Contact: (Ph) 773. 966-1508 (F) 773. 238-6346

E-mail: info@thec4success.org

About: Trinity Higher Education Corporation offers three major programs designed to promote, support, and facilitate the pursuit of higher education among the underserved and under-represented communities. **Programs/Services:** College Admissions Advising, Career Advising, Financial Aid Advising, College Fair(s), College Visits and Tours, ACT/SAT Test Preparation, Tutoring

Trio Talent Search

Sponsored by the U.S. Department of Education

Website: www2.ed.gov/programs/triotalent Social Media:     

About: The Talent Search program identifies and assists individuals from disadvantaged backgrounds who have the potential to succeed in higher education. The program provides academic, career, and financial counseling to its participants and encourages them to graduate from high school and continue on to and complete their postsecondary education

Programs/Services: Academic, financial, career or personal counseling including advice on entry or re-entry to secondary or postsecondary programs. Tutorial services, Information on postsecondary education, exposure to college campuses. Information on student financial assistance, preparing for college entrance exams, mentoring programs, special activities for 6-8th graders, workshops for the families of participants.

Chicago Trio Talent Search sites:

Ada S McKinley Community Services

1359 W Washington Blvd

Chicago, IL 60607

P: (312)328-3543

Website: www.adasmckinley.org

Introspect Youth Services Inc.

430 N Cicero Ave

Chicago, IL 60644

P: 773. 287-2290

Website: www.introspectyouth.org

Kennedy King College/Dawson Technical Institute

3901 South State Street

Chicago, IL 60609

P: 773. 602-5555

Prairie State College

202 S. Halsted St.

Chicago Heights, IL 60411

P: (708) 709-3500

Website: www.prairiestate.edu/

Southwest Youth Services Collaborative

6400 S. Kedzie Ave
Chicago, IL 60629-2830
P: 773. 476-3534
Website: www.swyc.org

TRIO UPWARD BOUND

Sponsored by the U.S. Department of Education

About: Upward Bound provides fundamental support to participants in their preparation for college entrance. Upward Bound serves: high school students from low income families; and high school students from families in which neither parent holds a bachelor's degree.

Programs/Services: Upward Bound projects provide academic instruction in mathematics, laboratory sciences, composition, literature, and foreign languages. Tutoring, counseling, mentoring, cultural enrichment, work-study programs, education or counseling services designed to improve the financial and economic literacy of students.

Chicago TRIO Upward Bound sites:

Chicago State University

9501 S. King Drive
Chicago, IL 60628
P: 773. 995-2000
Website: <https://www.csu.edu/dosa/TRIO/upwardbound/>

Columbia College Chicago

218 S. Wabash
Chicago, IL 60605
P: (312) 369-8830
Website: <http://www.colum.edu/academics/upward-bound/>

Family Centered Educational Agency, Inc.

16241 Wausau Avenue
South Holland, Illinois 60473
P: (708) 210-1771 ext. 17
Website: <http://www.familycentered.org/programs/>

Introspect Youth Services Inc.

430 N Cicero Ave, Chicago, IL 60644
P: 773. 287-2290
Website: www.introspectyouth.org

Metropolitan Family Service-Calumet Center

235 East 103rd Street
Chicago, Illinois 60628
P: 773.-371-3600
Website: <https://metrofamily.org/community-centers/calumet/programs-and-services.aspx>

Robert Morris College

401 S. State Street

Chicago, IL 60605

P: (800)762.5960

Website: <http://www.robertmorris.edu/community/trio/ub/>

Roosevelt University

430 S. Michigan Ave

Chicago, IL 60605

P: (312) 341-3500

Website: www.roosevelt.edu/Education/CommunityOutreach/UpwardBound.aspx

University of Chicago

1225 E 60th Street

Chicago, IL 60637

P: 773. 702.8288

Website: <https://osp-cp.uchicago.edu/page/upward-bound>

University of Illinois at Chicago

1200 W. Harrison St. Student Services Bldg., Suite 2720

Chicago, IL 60607

P: (312)996-5046

Website: <http://studentaffairs.uic.edu/trio/upward-bound/>

UIC Center for Literacy-Family Start Learning Center (FAST South)

4314 S. Cottage Grove Chicago, IL 60653

Contact: (Ph) 312.747.2358

Email: cfl@uic.edu Website: <http://cfl.uic.edu/> Social Media: 

About: UIC's Center for Literacy - FAST program is committed to developing the literacy and lifelong learning skills of families through education. Family literacy services provided through FAST promote children's success in school, and parents' success in achieving economic self-sufficiency.

Program/Services: FAST classes cover reading, writing and math skills as well as basic computer skills. Classes connect with Head Start parents interested in continuing their education and getting their high school diploma

Winnie Mandela Intergenerational Alternative High School

7847 S Jeffery Blvd, Chicago, IL 60604

Contact: Douglas Banks (Ph) 773-375-0529

Email: banks46@gmail.com website: www.prologueschools.org/schools/

About: An African centered learning institution, with a focus on social justice issues.

Programs/Services: High school diploma, disposition training, parenting classes



EMPLOYMENT & CAREERS

Community Assistant Programs

11717 S. Halsted Chicago, IL 60628

Contact Person: LaTonya Anderson (Ph) 773. 568-1782 Fax 773. 568-2796

Email: Website: <http://www.capsinc.org>

About: CAPs is a not-for-profit employment agency that provides employment training and job placement services. **Programs/ Services:** CAPs provides comprehensive customized training services to place qualified employees to meet unique business requirements. CAPs will assist the employer in making informed decisions in job placements by providing an easy and convenient process without the traditional expense.

GoodWill Career Center

2435 W. 63rd St. Chicago, IL 60629

Contact. (Ph) 773-863-6030

Email: eahderson@goodwillchicago.com Website: www.goodwillchicago.com/

About: Goodwill Industries of Metropolitan Chicago, Inc. has served the needs of individuals facing barriers to employment since its establishment in a west side church in 1919.

Program/Services: Training, employment and supportive services for people with disabilities or disadvantages who seek greater independence

Hull House Association Parkway Community House

500 E. 67th Street Chicago, IL 60628

Contact: (Ph) 773. 493-1306 (F) 773. 493-9392

About: Year-round, volunteer-based, one-on-one tutoring program that serves out of school youth 16 and 17 years of age, and adults who read below the 9th grade reading level living in Woodlawn, Washington Park, Grand Crossing and South Shore communities.

Programs/Services: Parkway offers a self-paced, individualized curriculum that includes basic reading, writing, math, life skills and pre-GED preparation.

Job Corps

4314 S. Cottage Grove Chicago, IL 60653

Contact: (Ph) 773.468.1605 or 773.624.0566

Programs/Services: Trade school; GED classes; High School diploma; Employment assistance; job placement. Must be between the ages of 16-24

Jobs for Youth / Chicago, Inc.

2230 S Michigan Ave 2nd Floor Chicago, IL 60602

Contact: Ph) 312 225 4810 (F) 312 225 4814

About: The mission of Jobs for Youth (JFY) is to help young men and women from low-income families become a part of the economic mainstream; and in the process provide the business community with motivated, job-ready workers.

Programs/Services: Pre-employment training, job placement, GED instruction, and supportive services.

Kenwood Oakland Community Organization (KOCO)

1005 E. 43rd St Chicago IL 60653

Contact: Brian Malone (Ph) 773.548.7500

Website: www.kocoonline.org

About: Through the sustained engagement of low-income and working families, KOCO develops multi-generational leaders who impact decision-making process and public policies, improving the quality of life in our local communities

Programs/Services: Youth Development, Employment Placement & Training, Emergency Food, and Bronzeville Anti-Hunger Network

King Center (City of Chicago Community Service)

4314 S. Cottage Grove Chicago, IL 60653


Contact: Leonard Gilbert (Ph) 312-747-2300

About: DFSS Community Service Centers help individuals and families in need access a wide range of resources from shelter, food and clothing to domestic violence assistance, job training/placement, housing and prisoner re-entry. **Programs/Services:** Job placement and training, food, shelter, domestic violence assistance and prisoner re-entry

Phalanx Family Services

837 W. 119th St. Chicago, IL 60628

Contact Tanya Townsend (Ph) 773.291-1086

Website: www.phalanxgrpservices.org Social Media:   

About: Our mission is to assist economically disadvantaged children and families in the pursuit of self-sufficiency. **Program/Services:** Basic Nursing Assistants Training, Bridging Digital Divide, Community Development Block Grant, Choosing to Change, Culture of Calm, Supplemental Nutrition Assistance Program, Put Illinois to Work, Temporary Assistance for Needy Families, WIA-Project M.O.V.E, Work First, Youth Ready Chicago Career Development Center

Public Partnerships, NFP

8450 S. Stony Island Ave Chicago, IL

Contact: (Ph) 773.374.7756

Programs/Services: Employment and Career Training

St. Sabina Employment Resource Center

1210 W. 78th Place Chicago IL, 60620

Contact Phil Hunter/Lisa Ramsey (Ph) 773.783.3760

Website: www.saintsabina.org/outreach/st-sabina-erc-employment-resource-center.html

About: The mission of the Employment Resource Center (ERC) is to develop the employability of individuals so they may secure and retain meaningful career paths. The ERC staff supports and encourages individuals to achieve self-sufficiency and an improved overall quality of life.

Programs/Services: Employment Resource Center Youth Program

FITNESS & RECREATION

The Adele and Robert Stern Red Shield Center

845 W. 69th street, Chicago, IL 60621

Contact 773. 358-3200


Website: www.rscchicago.org Social Media:      

About: Adele and Robert Stern Red Shield Center is a community-based facility that focuses on programs for the entire family. Through programs and services that address and enhance the needs of the body, mind and spirit, the center seeks to transform a community by changing lives and is open to everyone without discrimination and regardless of religious beliefs. **Programs/Services:** Arts programs, sports, volunteer opportunities, and more.

AGAPE Community Center SAY Yes! Save America's Youth Program

342 W. 111TH Street Chicago IL 60628

(Ph) 773. 821.7060

Website: www.hlicchicago.org Social Media:      

About: AGAPE builds character and leadership through a variety of activities including tutoring, homework help, computers, Bible studies, recreation, arts/crafts, and life skills training.

Aspirations of Life

253 E. 113th Street 2nd Fl. Chicago IL 60628 P

Contact: Tiffany Fincher (Ph) 773. 840.3462

Email: info@aspirationsoflife.org Website: www.aspirationsoflife.org Social Media:   

About: This program shines a spotlight on children who are sometimes invisible in our communities. Everything we do is aimed at helping youth discover their purpose in life and reaching their full potential. **Programs/Services:** Case Management, clothing or other household goods, life or independent living skills, mentoring, and tutoring.

Back of the Yards

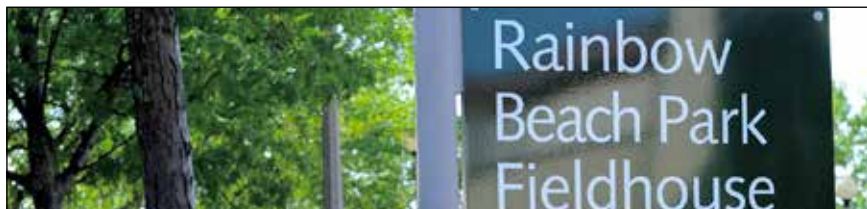
1751 W. 47th St. Chicago, IL 60606

Contact: Edwin Garcia (Ph) 773-523-4416

Email: egarcia@bync.org Website: www.bync.org Social Media:    

About: The Back of the Yards Neighborhood Council is a community organization whose mission is to enhance the general welfare of all residents, organizations, and businesses in our service area. We accomplish this by integrating social service and economic development programs.

Programs/Services: Youth Ballet Folklorico, after school tutoring, Hoops in the Hood, computer lab,



Boys and Girls Club

(Roseland Pullman Boys & Girls Club)

10909 S. Cottage Grove Ave (Ph) 773.371.2369

Website: www.bgcc.org

Contact: Tara Rummel (Program Director) trammel@bgcc.org

About: After school and summer program for youth ages 6 -18. Program highlights include tutoring, mentoring, recreational activities, and life skill development. **Programs/Services:** Arts/ Crafts, Field Trips/Outings, Food or Meals, Mentoring, Recreational Activities, Sports, Tutoring

Elliot Donnelly Youth Center

3947 S. Michigan Ave, Chicago, IL 60653

Contact (Ph) 773-268-3815

About: Elliott Donnelley Youth Center in Bronzeville/Grand Boulevard offers a continuum of caring. Well-trained youth-development specialists give individual attention to youth to help them with academic achievement and social and life skills development.

Programs/Services: School-Age After-School Program, teen leadership development after- school program, summer fun day camp. In addition, EDYC has a college and career readiness (CCR) center and counselor.

The Gary Comer Youth Center

7200 S Ingleside Ave Chicago, IL 60619

(Ph) 773. 358-4100

Website: <http://www.gcychome.org>

About: The Youth Center's mission is to provide the support for all of its students to graduate from high school, prepared to pursue college and careers. **Programs/Services:** College readiness, South Shore Drill team, college prep, athletics, academic tutoring, performing and visual arts, health and wellness, culinary arts, technology, media and horticulture.

Impact Family Center

10958 s Halsted street, Chicago, IL 60628

Contact: Marsha Eaglin (CEO) Genesis Woodleys (admin assistant) (Ph) 773-840-3590

Email: impactfamilycenter@gmail.com Website: www.impactfamilycenter.org

About: Impact family center is a human service organization serving children, youth and families. Impact family center provides programs and training to empower those we serve and to help them become self-sufficient. **Programs/Services:** Act Prep, Men stand out, I am Beautiful, Teen fit club, Zumba fitness.

New Hope for Youth

7601 S Cicero Ave, Ste 850, Chicago, IL 60652

Contact: (Ph) 773. 284-7590

Website: <http://youthcnxn.org> Social Media:  

About: New Hope for Youth is dedicated to serving and reaching out to all gang impacted as well as at-risk youth, young adults, their families and communities. By means of educational programs, individual and family care, support, and resource opportunities that support a healthy, positive, and productive lifestyle. **Program/Services:** School-based services, At-risk youth and parent services, leadership development services.

Paul Hall Community Center

10140 S. Halsted Chicago, IL 60628

Contact: Cynthia Powell (Ph) 773. 298-1209

About: Our mission is to give our youth a safe haven and to show them that they do not have to be a product of their environment. **Programs/Services:** Warriors Drum & Bugle Corps, Afterschool Tutoring & Recreation, Summer Day Camp.

People for Community Recovery

13116 S. Ellis Chicago, IL 60628

Contact Cherly Johnson (Ph): 773. 840.4618

Email: info@peopleforcommunityrecovery.org Website: www.peopleforcommunityrecovery.org/

About: Our mission is to give our youth a safe haven and to show them that they do not have to be a product of their environment. **Programs/Services:** Environmental programs, EJ youth photo voice club, employment services, housing rights and advocacy

The Ray and Joan Kroc Corps Community Center

1250 W. 119th St. Chicago, IL 60643

Contact: (Ph) 773-995-0151

Website: www.kroccenterchicago.org Social Media:   

About: The Kroc Center Chicago is dedicated to delivering the highest quality community center programs in Chicago that are just right for you. **Programs/Services:** Academy of the Arts, aquatics, family life & education, Kroc Church, senior activities, sports and fitness recreation, water park & pool.

Rebecca K. Crown Youth Center--South Shore

7601 S. Phillips Ave, Chicago, IL, 60649

Contact: Eddie Wilson eddie.wilson@chicagoyouthcenters.org (Ph) 773-731-0444

Website: <http://chicagoyouthcenters.org/south-shore-rebecca-k-crown/>

About: The mission of Chicago Youth Centers (CYC) is to empower children to recognize and experience their possibility and promise. CYC is the city's largest private urban youth organization. Since 1956, we have prepared children ages 3-18 for lifelong success by surrounding them with transformative social capital: **Program/Services:** Early childhood education, school age after school program, teen leadership development after school program, summer fun day camp.

Salem Baptist Church of Chicago Youth Ministries

10909 S. Cottage Grove, Chicago IL 60628

Contact: Paul Love (Ph) 773.371.2300 ext. 315

Website: www.sbcoc.org/salem/ministries/youth Social Media:    

About: "We IMPACT the people who IMPACT the world as we minister and meet youth where they are with the Gospel of Jesus Christ and technology. **Programs/Services:** Advocacy, clothing/ household goods, community outreach/education, food/meals, mentoring, recreational activities, religious studies, tutoring.

SOS Children's Villages

7600 S. Parnell Ave, Chicago, IL 60620

Contact person: Rochelle Ingram (Ph) 773-783-0500 ext. 423 (F) 773-783-0600

Email: ringram@sosillinois.org Website: www.sosillinois.org Social Media:     





About: At SOS Children's Villages Illinois, we are committed to providing a safe, healing place for children whose world has been shattered by abuse, neglect, or abandonment.

Programs/Services: Girl Scout troop, Watch Impact Male Mentorship program

South Side YMCA of Metro Chicago

6330 S. Stony Island Ave Chicago IL 60637

Contact Chastity Graves/ Delayzio Amerson (Ph) 773.947.0700



Website: <http://www.ymcachicago.org/southside> Social Media:    

About: The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. **Programs/Services:** Health and wellness, camps, community service, child care and education, and arts.

Universal Family Connection Inc.

1350 W. 103rd Chicago, IL 60643

Contact Person: Mariam Bryant (Ph) 773-881-1711 x1146

Email: mbryant@ufcinc.org Website: www.ufcinc.org/ Social Media:  


About: UFC provides intervention services and coordinates community services necessary to resolving issues threatening children's lives and the family unit as a whole. **Programs/Services:** Youth and family services, GED/ Academic preparation, gang awareness/prevention, health/sex education, individual counseling/therapy, tutoring, vocational assessment/training, mentoring, parenting skills, recreational activities, advocacy case management, life/independent living skills, psychosocial assessment

YWCA Englewood

641 W. 63rd st Chicago, IL 60621

Contact Person: Monica Moore (Ph) 773-783-1031

Email: monica.moore@ywcachicago.org website: www.ywca.org/site/c.cuI RJ7NTKrLaG/b.9360173/k.1089/YWCAEliminating_Racism_Empowering_Women.htm

Social Media:  

About: YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. **Program/Services:** Domestic violence against women, women's health, racial justice, job training and empowerment.

YWCA Laura Parks and Mildred Francis Center

6600 S Cottage Grove Ave Chicago IL 60637

Contact: (Ph) 773.995.3100

About: YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. **Program/Services:** Domestic violence against women, women's health, racial justice, job training and empowerment.

FOOD PANTRY

Apostolic Pentecostal Church of Morgan Park Food Pantry

11401-13 S Vincennes Ave., Chicago IL 60643

Hours of Operation: Wednesday: 10:00 am - 12:00 pm Boundaries: Cook County

Contact: Carol Thomas (Ph) 773. 881-6900

Bethel Community Center Food Pantry

16 E. 117th Chicago, IL 60628

Hours of Operation: Wednesday: 6:00 pm - 8:00 pm

Contact: Willie Page/ Loretta Cole (Ph) 773-928-1001

Calvary Hill Baptist Church Food Pantry

2617 W. 71st St., Chicago IL 60629

Hours of Operation: Saturday 9am -11am

Contact: Ricky Wilford (Ph) 773.776.7299

Canaan M.B.C. Food Pantry

6659 S. Harvard Ave Chicago, IL 60621

Hours of Operation: Saturday 7am -10:30am; Emergency: Tuesday and Thursday 9am-1pm

Contact: Johnnie Ross (Ph) 773.543.0336

Chatham-Avalon Ministries Pantry

8601 S State St Chicago IL 60619

Hours of Operation: Saturday: 8:00 am -10:00 am

Contact: Curtis Horton (Ph) 773. 723-8579

Direct2Food: <http://www.direct2food.org>

Ebenezer MBC Food Pantry

4501 S. Vincennes Ave, Chicago, IL 60653

(Ph) 773-373-6144

Englewood UMC Food Pantry

6400 S Stewart Ave, Chicago IL 60621

(Ph) 773. 846-0665

Faith United Family Enrichment

120 E 115th St, Chicago, IL, 60628

(Ph) 773.568-7612

Gilgal Ministries, NFP

9050 S. Ashland Ave. Chicago, IL 60620

Hours of Operation: Every Saturday, 10:00am-12 noon

Contact: Charles Davis (Ph) 773.407-7076 Email: Charles8492@sbcglobal.net

Greater Chicago Food Depository

4100 West Ann Lurie Place Chicago, IL 60632

(Ph) 773-247-FOOD (3663) (Fax) 773.247-4232

Website: <http://www.chicagosfoodbank.org>

Harris Temple A.O.H. Church

4138 S. Cottage Grove Ave Chicago, IL 60653

Hours of Operation: Fridays, 10 am-12 pm

Contact: Thelma Lockwood (Ph) 773.536.9138

Hde Park & Kenwood Hunger Programs

5600 S. Woodlawn Ave Chicago IL 60637

Hours of Operation: Saturday 10 a.m. to 1 p.m.

Contact Person: Susan Johnson Email: office@hpuc.org

(Ph) 773- 363-6063 (F) 773-324-3874

Website: www.hpuc.org

Hyde Park Kenwood Interfaith

5600 S. Woodlawn Ave Chicago, IL 60637

Hours of Operation: Every Saturday (including Christmas & New Year's Day), 10 am-1 pm for residents in need living between Cottage Grove Ave. on the west, Lake Michigan on the east, 39th St. on the north, and 60th St. on the south.

Contact: Anthony Harmon Email: Office@hpuc.org (Ph) 773-363-6063

Website: www.hpkifc.org Description: Food

Lights of Zion Church-Food Pantry

11636 S. Halsted St Chicago, IL 60628 Contact: Charles Mickens Email: camickens@comcast.net

(Ph) 773.785.2996 Website: www.lozministries.com/

Maple Morgan Park Food Pantry

11030 S. Longwood Chicago, IL 60643

Hours of Operations: Saturday 12pm-2pm Boundaries: 60643 and 60628

Contact: Lillian Hennings 773.239.3013

New Gresham

8700 S. Emerald Ave Chicago, IL 60620

Hours of Operations: Saturday 10am-12pm Boundaries: Cook County

Contact: Gina Davis (Ph) 773.651.8446

New Joy Divine

7625 S. Halsted St. Chicago, IL 60620

Hours of Operation: 2nd/4th Saturday of each month 10am-12pm Boundaries: 87th to State, 76th to 87th, Ashland

Contact Person: Viola Buck Contact (Ph) 773.224.5683



Operation Blessing/Evening Star

2050 W. 59th St Chicago, IL 60636

Contact Person: Roslyn Manney Description: A church offering services for the greater good of the community. Services: Food Pantry, Hours of Operation: Every 3rd Saturday 10am-12pm, Boundaries: Cook County

Parkway Garden Christian Church

6600 S. King Drive Chicago, IL 60637

Hours of Operation: 2nd/4th Saturday 9am-12:30pm, Boundaries: Cook County

Contact: Pastor Edward Morris (Ph): 773.667.0700

Project Care

710 E. 62nd Street Chicago, IL 60637

Hours of Operation: Thursday 8am-12pm Boundaries: 60637

Contact: Janet Nelson 773 643.9688

Salem House Food Pantry

7359 S. Prairie Ave. Chicago, IL 60619

Hours of Operation: 12:00pm-2:00pm Offer free food to those in need.

Contact: Linda Ross linda.ross@lssi.org (Ph) 773-873-3400.

Second Faith Temple C.O.G.I.C E

424 E. 49th St Chicago, IL 60615 773.624.0799

Robert Robinson

Offer free food to those in need. Open Friday 6:00pm-8:00pm

Shepherds Hope

5732 S. Lowe Ave Chicago, IL 60621

Hours of Operation: Tuesday and Thursday 10:00am-2:00pm

Contact: Brian Anderson (Ph) 773.846.9494

St. Columbanus Church

33 E. 71st St Chicago, IL 60619

Hours of Operation: Every 3rd Wednesday 4:30pm-6:30pm

Contact: Laverne Morris: (Ph) 773.224.1022 x14

Uncle Shack Food Blessings

1818 W. 74th St. Chicago, IL 60636

Contact: Latasha Rose/Carlina Hopkins, (hsmine1965@yahoo.com) (Ph)773-863-0995,

Union Avenue UMC Food Pantry

4350 S. Union Ave. Chicago, IL 60609

Contact: Debra Ocampo (Ph) 773-373-0577

We Do Care

1540 W 69th St, Chicago, IL, 60636

Hours of Operation Thursday: 1:00 pm - 3:00 pm. Clients can visit once a month.

(Ph) 773.776-1875

HEALTH

24- Hour Dentist

6345 S. Western Ave. Chicago Illinois 60636

(Ph) 773.476.7246 855.476.7246

About: Twenty-four hour, 7 days a week emergency dental care. Patient information and necessary x-rays is available to your dentist upon written request and consent from you.

Atalla DDS

2117 E. 71st Chicago, IL 60649

Contact: Dr. M. Attalla (Ph) 773-288-0225

Services: Wisdom teeth extractions, dental implants, root canals, oral surgery, cosmetic dentistry, dentures, partials. Open 7 days a week

Auburn Gresham Mental Health Center

1140 West 79th Street

Contact: Steven Bush (Ph) 312) 747-0881

Mental Health Treatment

Back of the Yards Mental Health Center

4313 S Ashland Chicago IL

Contact: Joan Jones (Ph) 312.747.3560

Mental Health Treatment Service Type: Individual counseling/therapy service provided in English and Spanish.

Baker Nijeri DDS LLC

1525 E. 53rd Street Chicago IL 60615

(Ph) 773.684.1152

Dental Provider

Beverly Morgan Park Mental Health Center

1987 W. 11TH Street Chicago IL 60643

Hours of Operation: Mon –Fri 8:30am-4:30pm

Contact: Dr. Wash (Ph) 312.747.1100

Mental Health Treatment

Burley Larry R DDS

7013 S. Western Ave. Chicago, Il 60636

(Ph) 773-476-0600

Dental Provider



Chicago Family Health Center

9119 S. Exchange Ave Chicago IL

(Ph) 773.768.5000 (ext 1084)

Other Locations:

10536 S. Ewing Ave, Pullman

556 East 115th Street, Roseland

120 W. 111th Street, Chicago Law

3223 W. 63rd Street

About: Chicago Family Health Center is a community based health center that provides comprehensive, accessible primary care, social services, dental care and supportive programs to the residents of Chicago's South, Southeast and Southwest communities.

Christian Community Health Center

9718 s Halsted St. Chicago, IL 60628

(Ph) 773-233-4100

8025 S. Honore St., Chicago, IL 60620

(Ph) 773-874-8345

Contact Person: Kristen

About: Christian Community Health Centers offers chlamydia, gonorrhea HIV, syphilis testing and Hepatitis B vaccine.

Cross Bernard w DDS

2058 E 75th St, Chicago, IL 60649

(Ph) 773. 288-8789

Dental Works

6153 S. Western, Chicago, IL 60636

(Ph) 773-863-0129

About: General Dentistry, including exams, cleanings, fluoride treatments, fillings, sealants and root canals, dental crowns & bridges, custom dentures, custom partials, including acrylic and cast meta. Cosmetic dentistry, including in- office and at-home whitening, bonding, veneers and tooth-colored fillings, orthodontic braces for children and adults, and periodontics

Dr. Danita A. Stinson

1600 E. 93rd street, Chicago, IL 60617

(Ph) 773-978-3384 or 773-97 TEETH

General Dentistry

Dr. Bademosi/Family Doctor Medical Center

9244 S Stony Island Ave, Chicago, IL 60617

(Ph) 773-940-1612

For Women Only Medical Clinic

2017 W. 95th street, Chicago, IL, 60643

Contact: Winona Streeter (Office Manager)

(Ph) 773-779-2800 (F) 773-779-0556

Healthcare Consortium of Illinois

1350 East Sibley Boulevard, Suite 303 Dolton, IL 60419

(Ph) (708) 841-9515

Email: info@hcionline.org Website: <http://www.hcionline.org>

About: The Healthcare Consortium of Illinois is an organization of partners committed to developing and maintaining targeted, community-based, integrated health and human service delivery systems which increase the well-being of individuals, families and communities throughout Illinois by means of advocacy, awareness and action.

Hyde Park Periodontics

1525 E. 33rd Street Chicago IL 60615

Contact: DeeDee Watkins (Manager) (Ph) 773-955-5000

Dental Provider

Jeffery Dental Center

7615 S. Jeffery Blvd Chicago IL 60649

Hours of Operation: Tues only, 9 am-5 pm

Website: www.jefferydental.com (Ph) 773.374.9900

About: Jeffery Dental Center desire is to provide you with dental care that can enhance the quality of your life. Offering complete dental care in one convenient location. **Program/Services:** Bridges, dentures, teeth whitening, dental bonding, fillings, root canal therapy, tooth extractions, dental implants, cleaning, checkups, root planning, porcelain veneers, periodontal scaling, periodontal maintenance, crowns, on lays and inlays

Little Company of Mary Halsted Medical Center

736 W. 95th St. Chicago IL 60628

Contact: Dr. Howard McNair, MD (Ph) 773.487.9500

Website: www.lcmh.org

Programs/Services: Education classes, diagnostic testing, x-rays, EKG services, internal medicine, family medicine and obstetrics/gynecology services

Love Dental Inc.

11139 S. Halsted Chicago IL 60628

Contact: Brenda Taylor lovedental2010@gmail.com

(Ph) 773-568-1600 (Fax) 773-574-1603

General Dentistry (All ages)



Little Company of Mary Affiliated Services PASS Pregnancy Care Center

613 E. 162nd St., South Holland, IL 60473

(Ph) 708-614-9777 Website: <http://www.pass-networkofcare.org/>

About: Pregnancy center offering services to women and men facing unplanned pregnancies including free pregnancy tests, non- medical pregnancy consultations, and education about abortion. **Programs/Services:** Ultrasounds, free pregnancy testing, abundant life program, abortion healing, and relationship help. This center does not offer abortions or abortion referrals.

Planned Parenthood of Illinois

Englewood Health Center

6059 S. Ashland Chicago IL 60636

(Ph) 773-434-3700 (Fax) 773- 434-0396

Roseland Health Center

1250 S. Halsted Chicago IL 60628

(Ph) 773- 468- 1600 (Fax) 773-468-2941

Website: www.ppil.org

About: Planned Parenthood of Illinois (PPIL) is a trusted provider of reproductive healthcare. We provide comprehensive reproductive healthcare and education to all people regardless of age, gender, race or ability to pay. Our services are confidential, no one will be given information about your visit unless required by law. **Services:** We provide gynecological exams, birth control, STD testing and treatment, pregnancy testing and options counseling, HIV testing and counseling, Gardasil (HPV vaccine), TWINRIX (Hepatitis A & B vaccine), abortion services*.

Roseland Mental Health Center

28 East 112th Place, Chicago, IL 60628

(Ph) (312) 747-7320

About: This is a City of Chicago Department of Public Health (CDPH) Mental Health Center. Categories: Family support; healthcare, health screening services, healthcare information, mental health intake and evaluation, mental health facilities; public assistance. **Services:** Case/Care Management, disease/ disability specific screening/diagnosis; In patient mental health facilities; mental health evaluation; outpatient mental health facilities; residential treatment facilities

TCA Health

1029 E. 130th Street Chicago, IL 60628

(Contact: LaDonna Brown-Miller (Ph) 773.995.6300

Services: Mental Health Services

The Armani -Trinity United Community Health Corporation

1947 West 95th Street Chicago IL 60643

Contact: Cheryl Butler Email: crbutler@trinitychicago.org (Ph) 773.966.1592

About: The AMANI-TUHC operates several programs with the financial support of private, public and governmental grants. **Services:** Synergy Family Resource and Support Counseling Center, breast cancer Initiatives (BEACON), HIV/Aids Program for prevention and education, hospice education and awareness, Amani Care Program and Services in addition to a myriad of community health education programs and forums.

The Sky is the Limit Recovery Facilities

6857 S. Halsted St. 2nd floor Chicago, IL 60621

Contact: Mr. Harris (Ph) 773-994-8244

Email: theskyisthelimitrecoveryfacilitiesinc.org

Services: Carbon Footprint Program, outpatient methadone, juvenile/adolescent services, treatment services, DUI evaluations, NRI re-entry of Risk Education, case management, OP & IOP substance abuse treatment, special services (Women Group, domestic violence/anger management ten week course with certificate)

Tilman's Community Health Clinic

7318 S. Racine Ave Chicago IL 60636

Contact: Lauren Kelly (Ph) 773.952.4811

Services: Outpatient counseling (payment options), DCFS (Payment), Medicaid (Sliding Scale)

Universal Dental

1424 E. 53rd Street Chicago IL 60615

(Ph) 773.363.6009

University of Chicago Physicians Group

5841 S. Maryland Ave. Chicago, IL

Contact: Susan Peters Email: Susan.peters@uchospitals.edu (Ph) 773-702-1000

Urban Family Health Center

10830 S. Halsted Chicago, IL 60628

Contact Person: Letitia Dorsey (Ph) 773-264-1400

The Women's Center

9730 S. Western Ave, Evergreen Park, IL 60805

Website: <http://www.abortionchoices.com> (Ph) (708) 425-0707

About: The Women's Center of Cook County is devoted to providing family planning options to women throughout Chicago. We believe that it is always a woman's choice to continue with a pregnancy and so we ensure that there is access to a wide range of options delivered in a safe and confidential environment. **Programs/Services:** Family planning & pregnancy alternatives facing an unplanned pregnancy or you want to avoid getting pregnant, we will provide you with accurate information so you can choose the option that best meets your needs. Free pregnancy test & confidential counseling (parental notification is not required). Free pregnancy and ultrasound tests, financial assistance available. Pregnancy tests, ultrasounds and consultations are free. Same day appointments are available.



JUST 4 GIRLS

Battle Angelz

945 W 69th St., Chicago, IL

Contact: Nicole Salvation Army Red Shield Center (Ph) 773-433-5737

About: Focuses on helping young women 14-22 who have or still trying to overcome various circumstances in life. Focus on enhancing skills to help everyone excel in life.

Programs/Services: summer leadership academy, training classes, interview preparation, food, resources for jobs, and more.

Caris Counseling & Resources

111 N. Wabash Avenue, Suite 1501 Chicago, IL 60602 (Ph) 312.229.5700 Email: info@caris.org

About: A faith-based, non-profit counseling organization, serving any woman facing an unexpected pregnancy, offering open and non-judgmental support, regardless of her faith background or what decision she makes about her pregnancy. **Programs/Services:** Pregnancy test & ultrasounds, counseling, access community resources, connection groups.

Demoiselle 2 Femme, NFP

Roseland Site: 10924 S. Halsted, Chicago, IL 60628

Englewood Site: 7159 S. Peoria, Chicago, IL 60621

(Ph) 773-660-1677 (Fax) 773-660-1688

Email: info@demoiselle2femme.org Website: <http://www.demoiselle2femme.org>

About: Demoiselle 2 Femme (D2F) (French for "Young Lady to Woman") is a 501(c)(3) not-for-profit organization with a rich history of providing community-based programs for girls on the far South side of Chicago as well as the South suburbs. The mission of D2F is to provide holistic services, education, instruction and training to assist girls in a successful transition to womanhood.

Programs/Services: College access, mentorship, violence prevention, health promotion, D2F Signature After School Program, G-WAVE (Girls With A Voice Empowered), Money Smart Girls (Financial Literacy), Leadership College, College Connection, FEMME 2 STEM (Science | Technology | Engineering | Mathematics), Pathways to Peace (suspension alternative), Power Lunch (in-school mentoring), T3 (Transition, Transform, Transcend) – young adult workforce development, college scholarships, Summer Leadership Tour.

Diamond in The Rough Inc.

7421 S South Chicago Ave. Chicago, IL, 60619

Contact: Octavia Richmond (Ph) 773-617-2949

Email: Octavia@diamondntherough.org

About: Diamond in the Rough is a 501(c)(3) organization that provides education and self-empowerment to young girls in the Chicagoland area. We offer educational workshops from cooking and etiquette, while incorporating HIV/ STI (sexually transmitted infections) education and prevention, sewing and college prep.



Girls 4 Science

P.O. Box 288958 Chicago, Illinois 60628

Contact: Jackie Lomax (Ph) 773. 401-6685

Email: jlomax@girls4science.org Website: <http://girls4science.org>

About: Girls4Science is a nonprofit organization dedicated to exposing girls in Chicago ages 10- 18 years old to science, technology, engineering and math. We focus on developing skills, self-esteem, awareness and relationships to help girls overcome barriers that may prevent them from achieving greater success in these fields. **Programs/Services:** Science Exploration in small groups to conduct experiments and study, which fosters self-confidence and collegial networks, field trips to museums, zoos, business, nature preserves and other sites to augment and go beyond laboratory assignments. Mentorships to introduce girls to women pioneers in science and technology, as well as to professionals and college students who can offer guidance and a friendly ear. Scholarships to 12th graders who have completed at least 12 weeks of the G4s program and seek to apply for undergraduate study in science, technology, math or engineering.

Girls Like Me Project, Inc.

7116 S. Morgan, Chicago, IL 60621

(Ph) 773. 599-3490

Email: info@lakeishagraysewell.com Website: www.girlslikemeproject.org

About: Empowering girls through media literacy and global connections.

Programs/Services: Book clubs, workshops, Digital Innovative Voices of Advocacy Sisters (DIVAS), global connections and Power Talks.

Girls on the Run Chicago

1643 N. Milwaukee, 2nd floor Chicago, IL 60647

(Ph) 773-342-1250 (Fax) 773-342-1266

Email: info@gotrchicago.org

About: Girls on the Run-Chicago (GOTRC) is a life-changing, character development program for girls ages 8 to 14 years old. The program uses the power of running to instill self-esteem, strong values and healthy living in young girls. **Programs/Services:** Girls on the Run, designed for girls in grades 3 through 5; and Girls on Track, designed for girls in grades 6 through 8

Girls Rock! Chicago

2633 W. Armitage, Chicago IL 60647

About: Girls Rock! Chicago is dedicated to fostering girl's creative expression, positive self-esteem and community awareness through rock music education programs for girls 8 to 16.

Programs/Services: Camp girls, Camp ladies

Girl Scouts of Greater Chicago & Northwest Indiana

20 S. Clark, Suite 200, Chicago, IL 60603

Contact: Conchetta Jones (Ph) 708.658.2331

Email: cjones@girlscoutsgcnwi.org

1005 w. 175th street, Homewood, IL, 60430 (Ph) 708-957-8100 /708-957-8506

About: Girl Scouts of Greater Chicago and Northwest Indiana launched on July 1, 2008, after seven independent local councils merged as part of a national strategy focused on transforming the Girl Scout Leadership Experience. **Programs/Services:** Leadership opportunities, activities, sisterhood, camps, workshops

Global Girls

8151 S. South Chicago Ave. Chicago IL, 60617

Contact: Shannon Woods (Ph) 773-902-2359 (Fax) 773-902-2359

Email: swoods@globalgirls.inc.org Website: www.globalgirlsinc.org

About: Global girls are a youth performing arts organization engaging girls 8 to 18 in arts creation, arts education and arts presentation. Participants learn skills to investigate their issues and then create socially conscious, youth driven theatre.

Programs/Services: Dance, acting, spoken word, leadership development, job opportunities, job readiness training.

House of Prima Donnas (HPD)

PO Box 289115 Chicago IL 60628

Contact: Donna Rogers (Ph) 312.869.4473

Email: drogers@houseofprimadonnas.org info@houseofprimadonnas.org

Website: www.houseofprimadonnas.org

About: House of Prima Donnas (HPD) equips young ladies facing homelessness with the resources and support to reach their full potential in life. **Programs/Services:** HPD provides housing assistance, health and life skills and character development education specifically to young ladies facing homeless that are between the ages of 18 and 24.

IL Department of Human Services/Teen Parent Services

1308 W. 105th Street, Chicago, IL 60643

(Ph) 773-881-2905

About: The mission of Teen Parent Services is to meet the physical, emotional, educational, and social needs of teen parents and their children. **Program/Services:** Education, placement, college placement, transportation services, referral services, and workshops on a variety of topics addressing the needs of teen parents.

Ladies of Virtue

1014 E 47th St., Chicago, IL

Phone: 877-565-7121

Email: info@lovirtue.com Website: www.LOVChicago.org

About: Ladies of Virtue develops leaders with strong moral character. Our girls, ages 9 to 18, learn to live with purpose, passion, and perseverance. These virtues are the foundation that propels them to persist academically, be prepared for the workforce, and become change agents in their communities. **Programs/Services:** Mentoring, hands-on leadership projects, job training and placement, project management training, dining and social etiquette, poise and professionalism training, self-esteem, character development.

Next Level Society

(Ph) 708 953 3086

Email: nls@nlschicago.com

About: NLS provides education and resources to teens and young adults who have a passion for entrepreneurship. **Program/Services:** Workshops, after school programs, training classes, image consulting, branding, strategic planning, marketing, operations, financial planning.

Polished Pebbles

(Ph) 773.340.2140

Email: info@polishedpebbles.com

About: The Polished Pebbles Girls Mentoring Program provides girls (ages 7-17) with the opportunity of learning the vital life skill of effective communication. **Programs/Services:** Mentoring program

Princess Club Organization of Chicago

(Ph) 773 742 8070

Email: sheilasterling21@yahoo.com Website: <http://www.princesscluborganization.com>

About: Princess Club Organization of Chicago is a mentoring program dedicated to improving the health educational attainment, human welfare and opportunities for girls and families in Illinois through the mentoring programs. **Programs/Services:** mentoring program, literary program.

Princess Within

606 E. Woodlawn Park Suite 505

Chicago, IL 60616

Contact: Bernada Baker (Ph) 312.371.6740

About: The Princess within Program aims to increase girl's self-esteem, while also cultivating leadership & character development skills. **Programs/Services:** Mentor to Motivation Program, Expression of Arts & Creativity, Quest for Success, Press Beyond Peer Pressure, financial literacy & fiscally fit, college & career readiness

Reel Beauty Inc.

3473 S. King Drive, #451, Chicago, IL 60616

Contact: Deida K. Massey (Ph) 866.410-2328

Website: www.reelbeautyinc.org Email: reelbeauty@gmail.com

About: Reel Beauty, Inc. is a 501 (c)(3) that provides proven self-esteem workshops that will assist young women to become productive citizens within their environment as they rediscover their beauty inside and out. **Programs/Services:** Self-esteem workshops, conflict resolution training, etiquette workshops and character building workshops for teen girls ages 11-18.

Sister Nation Inc.

3515 Woodworth Pl, Hazel Crest, IL 60429

(Ph) 708.843-3314 Website: sisternation.org

About: Sister Nation is a mentoring program that supports empowers, and uplifts young women ages 10 – 18 through sisterhood, unity and community.

Southside Pregnancy Center

9115 S. Cicero Avenue, 2nd Floor, Oaklawn, IL 60453 (Medical Center)

3509 W. 111th Street, Chicago, IL 60605 (Educational Facility & Market)

(Ph) 708-229-0092 (Client/Patient) 708-346-9070 (Office)

About: Southside Pregnancy Center is a non-profit medical clinic providing HOPE, practical HELP and FREE services to young women facing an unintended or untimely pregnancy.

Program/Services: Testing, pregnancy option counsel, limited obstetrical ultrasound, learn and earn educational program, post-abortion support group.

LEGAL SERVICES

Chicago Lawyers' Committee for Civil Rights Under Law, Inc. (CLC)

100 North LaSalle Street, Suite 600, Chicago, IL 60603

(Ph) 312-630-9744 (Fax) 312.630-1127 Website: www.clccrul.org

About: The mission of CLC is to protect and promote civil rights by bringing the strength and prestige of the private bar to bear on the problems of poverty and discrimination. Are you a student who has received a disciplinary action from your school? Do you need representation for an expulsion hearing? Contact the Educational Equity Project at CLC to ensure that you have access to a fair disciplinary hearing. **Programs/Services:** Pro bono legal services to people with civil rights problems and non-profit organizations that need help with transaction issues. Cases handled include housing, employment discrimination, hate crimes, expulsion or other civil rights concerns

Chicago Legal Clinic, Inc.

2938 E. 91st Street Chicago, IL 60617

(Ph) 773. 731-1762 (Fax) 773. 731-4264

About: Providing direct legal counseling and high quality representation at low cost or pro bono and free educational seminars on legal topics. **Programs/Services:** Legal services include adoption, bankruptcy, child custody and support, debt elimination, divorces, employment, environmental issues, guardianship, immigration, landlord-tenant, real estate transactions, social security benefits, traffic accidents, wills and probate, workers compensation, other basic legal services.

First Defense Legal Aid

5100 West Harrison Street Chicago, Illinois 60644

Contact: Eliza Solowiej (Ph) 773.354-8581 (Ph) call 800-LAW-REP-4

Website: <http://www.first-defense.org>

About: Provides free, 24-hour, legal representation to people in Chicago Police Department custody and educates Chicagoans about how to protect their constitutional rights. We undertake these activities to promote fairness and accountability in the justice system.

Programs/Services: Free 24-hour legal help for people who are arrested or detained at Chicago police stations.

Illinois Legal Aid

Website: <http://www.illinoislegalaidonline.org>

About: Increase access to justice for lower income and vulnerable Illinois residents through the innovative use of technology to assist and educate the public and to train and support legal aid providers and pro bono attorneys. **Programs/Services:** legal information & help for Illinois residents, training & practice support for legal aid advocates, opportunities & training for volunteer attorneys



Candace Moore, Chicago Lawyers' Committee for Civil Rights Under Law, Inc. (CLC)

100 North LaSalle Street, Suite 600, Chicago, IL 60603

(Ph) 312-630-9744 (Fax) 312.630-1127 Website: www.clccrul.org

About: Candace Moore is a staff attorney for the Educational Equity Project where she advocates for the educational rights of young people through a lens of racial and social justice. The mission of CLC is to protect and promote civil rights by bringing the strength and prestige of the private bar to bear on the problems of poverty and discrimination.

Programs/Services: Pro bono legal services to people with civil rights problems and non-profit organizations that need help with transaction issues. Cases handled include housing, employment discrimination, hate crimes, expulsion or other civil rights concerns.

Voice of Youth in Chicago Education (VOYCE)

4749 N. Kedzie Avenue, Chicago, IL 60625 c/o Albany Park Neighborhood Council

Phone: 773-583-1387 Website: www.voyceproject.org Email: jose@voyceproject.org

About: VOYCE (pronounced voice) is a youth organizing collaborative for education and racial justice led by students of color from six community organizations across the city of Chicago.

Programs/Services: VOYCE engages over 250 youth leaders from across the city of Chicago in its transformative leadership development model, building a multi-racial, city-wide cohort of youth leaders who have the skills and knowledge they need to be lifelong learners, critical thinkers, and agents of change. Through their campaigns, these 250 youth have impacted the 350,000+ youth from across the city who attend Chicago Public Schools and who are impacted by the policy changes secured by VOYCE. Want to join? Contact us!



SHELTERS

Maria's Shelter (Institute of Women Today)

7320 S. Yale Chicago, IL 60643

Contact: Gwen Fowler (Ph) 773.994.5350

About: The mission of IWT is twofold: to provide transitional housing for homeless women and their children and to provide experiences that empower, mentor, and support women so they can achieve their highest potential.

Program/Services: Food and shelter in a clean, comfortable setting and crisis intervention, counseling, job readiness training, and educational experiences for the women and their children.

Matthew House

3722-28 S. Indiana Chicago, IL 60653

(Ph) 888.270.3433

About: Matthew House is a nonprofit community based organization that provides food, shelter, housing, and supportive services to needy men, women and children who are homeless

Program/Services: Housing, food, counseling, mentorship, employment placement, ex-offender support services, job readiness training, substance abuse referrals.

NID Housing Counseling Agency

8543 S. Stony Island Ave Chicago, IL 60617

Contact: EJ Webber (Ph) 773.375.8253

About: The National Investment Division- Housing Counseling Agency (NID-HCA) is a HUD approved non-profit organization with 25 years of experience in housing counseling and community building.

Services: Homeless and Shelter Services

St. Frances De Paula Shelter

7811 S. Ellis Ave. Chicago, IL 60619

Contact: Derronlyn Steele (Ph) 773.487-8615

About: Provide a place to stay for those who are in dire need of it.



SOCIAL SERVICES

ABJ Community Services Inc.

1818 E. 71st street, Chicago, IL 60619
(Ph) 773-667-2100 Website: www.abjchicago.org

About: The mission of ABJ Community Services, Inc. is to meet the physical, emotional, and social needs of families, children and senior citizens by offering effective health and human services.

Programs/Services: Food pantry, substance abuse treatment outpatient adolescent, under-age drinking prevention.

Action Coalitions of Englewood

6455 S. Peoria St. Chicago IL 60627
(Ph) 773-846-0080

About: Action Coalition of Englewood neighborhood on Chicago's Southside is a private company categorized under Social Service and Welfare Organizations.

Ada S. McKinley

2938 E. 91st Chicago, IL 60617
Contact: Sharon Alexander (Ph) 773-375-1999
Website: <http://www.adasmckinley.org/>

About: Our mission is to assist individuals and families who, because of disabilities or other limiting conditions, need help in finding and pursuing paths leading to healthy, productive and fulfilling lives. **Services:** Childcare, therapeutic day schools (for children with special needs), job training and assistance.

Affinity Community Services

1424-28 E. 53rd Street, Suite 306 Chicago, IL 60615
(Ph) 773.324.0377
Email: admin@affinity95.org Website: <http://affinity95.org>

About: a social justice organization that focuses on health and wellness, leadership development and community building. Our core constituents are Black lesbian, bisexual, and transgender women and LGBTQ youth of African descent in the Chicago metropolitan area. Much of our work addresses needs and issues related to the broader LGBTQ and Black communities. SOCIAL SERVICES

ABJ Community Services Inc.

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Programs/Services: Health and wellness, fitness, healthy spirit, healthy families

APC Resource Center

11401 S. Vincennes Avenue Chicago IL, 60603

Contact: Carol Thomas (Ph) 773-881-6900 (opt 7) (F) 773-239-9586

Email: outreach@apcmorganpark.org Website: www.apcmorganpark.org

About: The APC Community Resource Center is uniquely qualified to examine the needs of the community and people in a state of transition or struggle. Our Resource Center assesses the needs of a community and develop processes that will work toward moving people out of poverty and provide services to those in transition.

The Ark of St. Sabina (Safety Network)

1210 W. 78th Pl. Chicago, IL 60620

Contact: Pamela Bosley (Ph) 773.483.4333 Email: pbosley@thearkofstsabina.org

About: The ARK is a community youth center created to nurture and develop the gifts, skills, and spirit of community youth by providing a safe supportive environment in which youth can prosper and excel. **Programs/Services:** Arts & craft, Neighborhood sports, robotics programs, cheerleading, chess club, computer training, homework assistance and more.



Catholic Charities

721 N. LaSalle Chicago IL 60625

(Ph) (312) 655-7700

Website: <http://www.catholiccharities.net>

About: Catholic Charities fulfills the Church's role in the mission of charity to anyone in need by providing compassionate, competent and professional services that strengthen and support individuals, families and communities based on the value and dignity of human life.

Programs/Services: Adoption/post-adoption services, counseling and therapy, daycare for low-income families, elder abuse investigation, family shelters, food and clothing pantries, health fairs for low-income communities. Help for domestic violence victims, HIV/AIDS counseling, home care and day services for seniors, Immigration and refugee assistance, job training, nutrition for low-income elderly, mothers and children, senior housing and senior community centers, substance abuse counseling and prevention, summer programs for teens in at-risk neighborhoods, support for families and friends of suicide victims, teen parenting.

Chicago Child Care Society

5467 S. University Avenue Chicago IL 60615

Contact: Sandra Braine (Ph) 773.643.0452

Website: www.cccsociety.org

About: Chicago Child Care Society provides innovative, community-based education and social service programs that address the current and emerging needs of vulnerable children and their families. **Programs/Services:** Mental health treatment, parenting and non-clinical program.

Children's Home & Aid

5958 S. Marshfield Ave. Chicago, IL 60636

Contact: Melissa Ludington (Ph) 773-918-8600

Website: www.childrenshomeandaid.org

About: Help children and families overcome the overwhelming obstacles of poverty, abuse, and neglect. **Program/Services:** Adoption services, child and family counseling, early childhood care and education, foster care, intact family services, parent support, residential services, youth services.

Clara's House West Englewood United Organization

1656 W. 63rd St. Chicago, IL 60636

Contact Person: Clara Kirk (Ph) 773-778-2811

Website: <http://clarashouse-weuo.org>

About: Mission is to improve the quality of life for families and community residents without regard to race, religion, or origin. **Program/Services:** Assessment interview, health care substance abuse intervention, crisis intervention, nutrition, planned parenting, domestic violence, self-defense, job-readiness skills training, computer literacy training, counseling, GED, energy assistance, financial management, social services, stress management, aerobics and as a special commitment to their service agenda, they provide transportation for their clients.

Connection for Abused Women and their Children (CAWC)

1116 N Kedzie, 7th Fl., Chicago, IL, 60651

Contact: Stephanie Love-Pattenson (Ph) 773-489-9081 (F) 773-489-6111

Email: sloe-pattenson@cawc.org Website: www.cawc.org

About: CAWC is committed to ending domestic violence. Using a self-help empowerment approach, we provide counseling, advocacy, and a 24-hour hotline for people affected by domestic violence, including a shelter for women and children. We work for social change through education, service collaboration and institutional advocacy.

The Cradle

2049 Ridge Avenue Evanston, IL 60201

(Ph) 847-475-5800 800-272-3534

Website: <http://www.cradle.org>

About: The Cradle's mission is to benefit children and all others touched by adoption by compassionately delivering exceptional education, guidance and lifelong support to build, sustain and preserve nurturing families. **Programs/Services:** Adoption options, training and education

Department of Children and Family Service

100 W. Randolph St., Chicago, IL 60601

(Ph) 312-814-6847

About: This state child welfare agency provides services and information about child abuse prevention, foster care, adoption and day care.

Firman Community Services

144 West 47th Street, Chicago, Illinois 60609

(Ph) 773 373 3400 (F) 773 373 3602

E-Mail: info@firmancs.org

About: The mission of Firman Community Services is to maintain a neighborhood based human services agency that seeks to improve the education, economic, social, moral and spiritual quality of life for people of the communities served. **Program/Services:** Maternal child health, early childhood learning centers, school age recreational activities, emergency food program, and learning enrichment action program.

F.O.R.U.M.

200 E. 75th Street, Chicago, IL 60619

Contact: Donna Newman (Ph) 773.994.9200 (Fax) 773.994.0584

Email: forumchicago@hotmail.com

About: F.O.R.U.M. is a community-based organization that teaches abstinence as part of the natural and normal process of character development. **Programs/Services:** Drug prevention, violence prevention, marriage preparation.



Heartland Human Care Services

3500 S. Lake Park Avenue, Chicago, IL 60653

(Ph) 773-373-3321

About: Heartland Human Care Services is the leading direct service human rights organization developing and implementing solutions to the toughest societal challenges in metropolitan Chicago, we create realistic paths from harm to hope for people marginalized by poverty, displacement, and situations of vulnerability. **Programs/Services:** Recovery from addictions, living with HIV/AIDS, refugee resettlement, obtaining immigration status, family reunification, disaster recovery, homelessness, housing stability, chronic unemployment, vocational adult education, asset-building.

Human Resources Development Institute- Harriet Tubman (HRDI)

11352 S. State St, Chicago, IL 60628

Contact: Dr. Diane Taylor (Ph) 773-785-4955

Website: www.hrdi.org

About: Our mission is to empower individuals, families, and communities to improve their quality of life and to influence public policy through the design and implementation of innovative, efficient, effective, and accountable behavioral health, social service, education, and economic development programs. **Program/Services:** A 24-hour, supervised residential facility for pregnant and non-pregnant adult women, alcohol and substance abuse prevention and treatment, mental health, youth prevention, family services, community health, case management, alternative youth education, HIV/AIDS prevention and education, corrective services, and gambling prevention and education.

Indiana Ave DUI Service (Substance Abuse Program)

1525 E. 53rd Street Suite 614 Chicago IL

Contact: John Major (Ph) 773.684.8507

Email: jlee1941@att.net

About: Indiana DUI Service is a drug or alcohol rehabilitation center with a primary focus on substance abuse treatment. The treatment center provides outpatient care. There are special groups and programs for DUI and DWI offenders. **Programs/Services:** Substance abuse treatment, treatment services.

Jadonal E. Ford Center-Parenting Program

11255 S. Michigan Chicago, IL 60628

Contact: Velma Walker (Ph) 773-474-7227

Website: www.catholiccharities.net

About: Jadonal Ford is part of the Catholic Charities of Chicago that provide services to mothers ages 13 to 19 in need. **Services:** Offer parenting services to teenage moms. truancy, violence and the juvenile justice system. **Program/Services:** Anger management/conflict resolution, arts/crafts, computer usage, field trips/outings, GED or other academic preparation, mentoring, sports, tutoring.

Kids Off the Block Inc.

11621 S. Michigan Ave Chicago IL 60628

(Ph) 773.995.9077

About: Provides at risk, low income youth ages 12- 24 with positive alternatives to gangs, drugs, truancy, violence and the juvenile justice system. **Program/Services:** Anger management/conflict resolution, arts/crafts, computer usage, field trips/outings, GED or other academic preparation, mentoring, sports, tutoring.

KLEO Community Family Life

119 E. Garfield Blvd Chicago IL 60637

Contact: Torrey Barnett (Ph) 708.-878-2423 773.363.6941

Website: www.kleocenter.org

About: The K.L.E.O. Community Family Life Center is a non-profit organization and facility dedicated to strengthening families and providing a safe haven through education, training, support and fun for people of all ages. **Program/Services:** Computer classes, after school programs (ages 6-12), GED prep for youth and adult, family fun, open mic night, summer camp, violence reduction programs

Le Penseur Youth & Family Services Inc.

8550 S. Mainstee Avenue Chicago IL 60617

Contact: Reginald Summerrise (Ph) 773.375.8637

Website: www.lepenseur.org

About: Le Penseur is considered a leader in the provision of youth and family services in the city of Chicago. Our name Le Penseur, means "the thinker" in French. Our staff, board and volunteers are dedicated to thinking of innovative ways to bring quality and effective services to our program participants and to the communities we serve. **Program/Services:** General education, employment and training, and health education programs for youth and adults, housing, counseling services, HIV/AIDS testing, HIV/AIDS prevention, mentoring, tutoring, computer education, and youth prevention programs

Mercy Home for Boys and Girls

1140 W. Jackson Blvd Chicago, IL 60607

Contact: Vanessa Alvarz (Ph) 312.738.7560

About: Through our residential, aftercare, referral and community-based mentoring programs, we provide critical, life-saving services to more than 650 hurting and troubled young women and men every year. **Program/Services:** Residential program (girls' campus), friends first mentoring, after school program, career resources, college prep program

Mujeres Latinas En Acción

2124 W. 21st Place Chicago, IL 60608

(Ph) 773. 890-7676 (Fax) 773 890-7650

Website: www.mujerlatinasenaccion.org

About: Mujeres Latinas en Acción empowers Latinas through providing services which reflect their values and culture and being an advocate on the issues that make a difference in their lives. **Program/Services:** After school program for ages 6 to 12; a teen program for ages 13 to 17; and a crisis youth program for those under 18 years, domestic violence and sexual assault counseling. Referrals are accepted from Youth Net Agencies and other school/ police or government agencies,

National Runaway Switchboard

3050 N. Lincoln Chicago, IL 60657

(Ph) 773.283.1718

About: The mission of the National Runaway Switchboard (NRS) is to help keep America's runaway, homeless and at-risk youth safe and off the streets. **Program/Services:** Crisis Intervention, message relay, conference calling, home free, prevention/education/outreach, information and referral, online resources

Mujeres Latinas En Acción

2124 W. 21st Place Chicago, IL 60608

(Ph) 773. 890-7676 (Fax) 773 890-7650

Website: www.mujereslatinasenaccion.org

About: Mujeres Latinas en Acción empowers Latinas through providing services which reflect their values and culture and being an advocate on the issues that make a difference in their lives.

Program/Services: After school program for ages 6 to 12; a teen program for ages 13 to 17; and a crisis youth program for those under 18 years, domestic violence and sexual assault counseling. Referrals are accepted from Youth Net Agencies and other school/ police or government agencies,

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Neapolitan Lighthouse

Contact: Mrs. Oni (Ph) 773.638.0228

About: Neapolitan Lighthouse is a not-for-profit organization dedicated to the empowerment of abused women and children Neapolitan Lighthouse is a response to the dramatic need of services for women and children who are victims/survivors of domestic violence. **Program/Services:** Shelter, legal advocacy, healthcare services, educational services and case management.

Pretend Town Youth Center of Roseland

420 W. 111th St. Chicago, IL 60628

Contact: Wendy Jones (Ph) 773.995.0087

About: The special place where learning is stimulating, dramatic and fun!

Program/Services: Educational field trips, after-school tutoring, birthday parties, youth after school programs.

Salvation Army--Stop It

(Ph) 877-606-3158

Website: www.sa-stop.org

About: The Salvation Army Mission is to assist youth exiting their exploitive situations such as sexual trafficking and help them stay out for good.

Synergy Family Resource and Support Center

1947 West 95th Street Chicago IL 60643

Contact: Cheryl Butler (Ph) 773.966.1592

Email: crbutler@trinitychicago.org

About: The Synergy Counseling Center is committed to enhancing the holistic health of children, families and senior citizens by promoting physical, emotional and spiritual well-being.

Services: Faith based counseling, and psychotherapy

Teen Parenting Services

1308 W. 105th St. Chicago, IL 60643

Contact: Lois Smith (Ph) 773-881-2900

Email: lois.smith@illinois.gov

About: Teen Parent Services (TPS) helps young parents, under age 21 who receive or apply for Temporary Assistance for Needy Families (TANF), or receive All Kids, WIC, FCM or food stamps who have not completed high school or equivalent. **Program/Services:** Parent skills and Case Management

The Woodlawn Organization

1518 E. 63rd. Street, Chicago, Il. 60637 Website: www.twochicago.org

(Ph) 773.256-2905 f: 773.752-5112

Email: info@twochicago.org

About: The Woodlawn Organization is a not-for-profit community based organization that consist of an alliance of block clubs, churches, tenant counsels and other civic and institutional entities.

Programs/Services: Housing, Daycare and Head Start, Child abuse counseling, Alcohol and substance abuse treatment, Crisis intervention

Youth 1st Counseling Services Inc.

2020 W. 79th Street Chicago IL 60620

Contact: Marcia Dixon (Ph) 773-785-7012 (Fax) 773-785-7013

Email: m.dixon@youth1stcounseling.com or youth-1st@sbcglobal.net

About: The mission of Youth 1st Counseling Services Inc. is to increase understanding of optimism in the lives of children and their families so that people can be deliberate in using their minds and life experiences to enhance their own quality of life.

Youth Transformation Services

9020 Dante, Chicago IL 60649

(Ph) 1888-740-8896

Email: YouthTransformationServices@gmail.com Website: www.youthtransformationservices.com

About: Youth Transformation Services (YTS) is a youth empowerment, training, and development group targeting at-risk youth and violence prevention in the greater Chicagoland area. YTS was formed to help youth ages 12-21 achieve academic, personal, and social success.

Program/Services: S.E.L.F. Program--each S.E.L.F. workshop is designed to assist at-risk youth overcome adversities and identify any barriers that prevent them from achieving success in four targeted areas: Spirituality, Education, Lifestyle, & Family (S.E.L.F.); and then equip them to achieve measurable success in each area.

COLLEGES/ UNIVERSITIES

Chicago State University

9501 S. King Drive Chicago, IL 60628-1598

(Ph) 773.995.2000

Website: <http://www.csu.edu>

About: Chicago State University has five colleges- Health Sciences, Arts and Science, Business, Education, and Pharmacy--offers 36 undergraduate and 25 graduate degree-granting programs. In addition, CSU has a Division of Continuing Education and Non-Traditional Programs that reach out to the community with extension courses, distance learning and not-for-credit programs.

Daley College Adult Literacy Program

7500 S. Pulaski Chicago, IL 60652

(Ph) 773.838.7500

About: ESL classes; GED classes in Spanish & English; Qualifications: Must be 19 or older; must complete a placement test; must attend registration with two pieces of identification, such as proof of address and state I.D.; If you are ages 16, 17, 18, you must receive a high school release form before enrolling in classes.

Kennedy King College

6800 S. Wentworth Chicago, IL 60621

Contact: Deborah Crable (Ph) 773-602-5543

Email: dcable@ccc.edu Website: www.kennedy.ccc.edu

About: One of many community colleges as part of the City Colleges of Chicago to receive an Associate's degree or various certificates. **Program/Services:** Associate's in Arts, Science, Applied Science, and in General Studies, Continuing Education classes, general education requirements for transferring to 4-year colleges and universities and career programs.

Olive Harvey College

10001 S. Woodlawn Chicago, IL 60000

(Ph) 773.291.6100

Programs/Services offered: GED classes; computer classes Qualifications: Must be 18 or older; exceptions are made for ages 16-17 with a high school release form; must complete a placement test; attend registration with two pieces of identification such as, proof of address and state I.D.

University of Chicago

1101 E. 58th St. Chicago, IL 60637

(Ph) 773-702-3949

Website: <http://www.uchicago.edu>

About: One of the world's premier academic and research institution seeking to empower individuals to challenge conventional thinking in pursuit of original ideas. Students in the undergraduate College broaden their perspectives on world issues in the rigorous core curriculum. Graduate programs through our four divisions, six professional schools, and the Graham School of Continuing Liberal Arts and Professional Studies transform scholars into leaders and grant access to professors often lauded as some of the world's greatest thinkers.

HOSPITALS

Chicago Lakeshore Hospital

4840 N. Marine Dr. Chicago, IL 60614

(Ph) 773-878-9700

Website: www.chicagolakeshorehospital.com

About: Behavioral health psychiatric hospital that provides inpatient mental health and/or substance abuse care for children, adolescents, and adults free assessments 24/7.

Services: Children, adolescent, and adult behavioral health Inpatient Care 24/7. Children partial hospital program Monday- Friday 9am-3pm. Adult infusive outpatient program weekly.

Jackson Park Hospital

1625 E. 75th Street Chicago IL 60649

(Ph) 773-947-7271

About: The Care Center at Jackson Park Hospital is a comprehensive infectious disease clinic.

Services: We provide medical services to HIV individuals that are insured or uninsured and we provide HIV testing (free) per request and through the emergency department. HIV education, case finding, health education, psychiatric evaluations, individual and group counseling in treatment adherence, co-morbid disease, palliative & supportive services.

La Rabida Children's Hospital

6501 S. Promontory Chicago IL 60649

(Ph) 773-753-8627

Website: www.larabida.org

About: La Rabida is a specialty children's hospital serving youth with chronic diseases and special health care needs serves children 0 to 18 years. Primary Care for youth with chronic disease (asthma, diabetes, sickle cell), Teen Clinic (Dr. Nancy Fritz) typically for girls after first period. Focus on adolescent issues and reproductive health.

Roseland Community Hospital

45 W. 111th Chicago, IL 60628

(Ph) 773. 995-3000

Services: Youth therapeutic ward, case management, dentistry, education: workshops, seminars; imaging services, Infection Control, Laboratory, Medical Stabilization, Occupational Therapy, Pastoral Care, Pharmacy, physical therapy, social services, telemetry, utilization review. adolescent behavioral health unit (ABHU) providing mental health, curfew, runaway, chemical use, truancy, violence, parent/adolescent conflict, conduct disorder, depression, schizophrenia or bipolar disorder care to patients age 10 to 17. Assessment and referral team is available 24/7 by appointment, contact 773- 291-1921.

Saint Bernard Hospital

326 W. 64th St Chicago, IL

(Ph) 773-962-4038

Services: Anesthesiology, cardiology, cardiovascular, dentistry, ear, nose and throat, emergency, family practice, gastroenterology, hematology, infectious disease, internal medicine, neonatology, nephrology, neurology, OB/GYN, oncology, ophthalmology, orthopedic surgery, pathology, pediatrics, physical medicine and rehabilitation, podiatry, psychiatry, psychology, pulmonary medicine, radiology, surgery thoracic.

South Shore Hospital

8012 South Crandon Ave. Chicago, IL
(Ph) 773-356-5000

About: Excellent and personable physicians, nurses, and professional staff, A modern, accredited hospital, Complete primary care services, from routine check-ups and preventive care at five affiliated neighborhood clinics and affiliated physicians **Services:** Pre-Admission testing services, outpatient services at the hospital including nuclear medicine, radiological, vascular and laboratory diagnostic tests, outpatient surgery services including same day and minor surgery, emergency medicine (ER) services, physical therapy services, senior complete care center dedicated to the health and well-being of seniors, respite Care program, outpatient pharmacy with convenient hours, transportation services for seniors and disabled patients at affiliated clinics and the hospital.

Trinity Hospital

2320 E 93rd St Chicago, IL 60617
(Ph) 773. 967-2000
Website: <http://www.advocatehealth.com>

About: Mission is to serve the health needs of individuals, families and communities through a holistic philosophy rooted in our fundamental understanding of human beings as created in the image of God.

Clinics/ Chicago Department of Public Health

Englewood Neighborhood Health Clinic
641 W. 63rd Street
(Ph) 312-747-7496

Services: Mental health, breast cancer Screenings (mammography), WIC, family case management, immunizations, TB case management, HIV primary care, and STI testing. Diagnose and treat sexually transmitted infections (STI) including HIV, Syphilis, and Gonorrhea. Services offered at no cost, first-come, first-serve basis, no appointment necessary for individuals 12 years and older.

Roseland Neighborhood Health Clinic

200 E. 115th Street
(Ph) 312.747-9500

Services: Mental health, breast cancer screenings (mammography), family case management, immunizations, STI testing. diagnose and treat sexually transmitted infections (STI) including HIV, syphilis, and Gonorrhea. Services offered at no cost, first-come, first-serve basis, no appointment necessary for individuals 12 years and older.

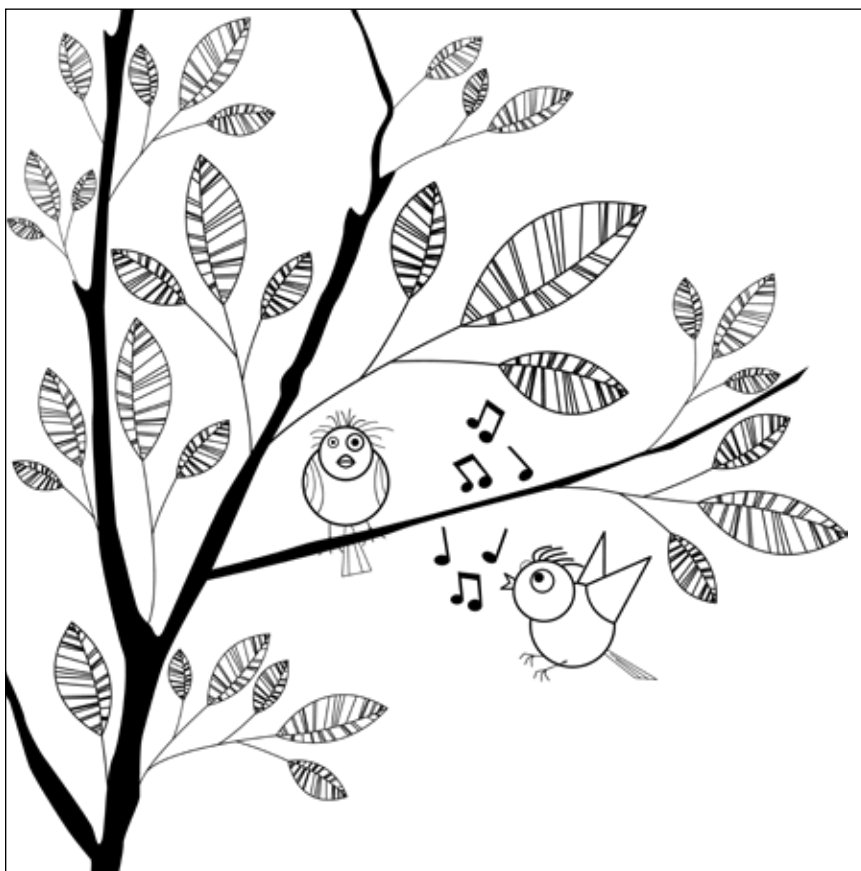
South Chicago Women & Children Health Center

2938 E. 89th Street
(Ph) 312.747-5285
Services provided: WIC, Family Case Management

CHICAGO PARK DISTRICTS

Girls can find a world of opportunities The Chicago Park District invite you to take in a concert or a movie at one of our 580 parks, or to expand your horizons by registering for one of our thousands of programs offered throughout our 260 field houses.

As the leading provider of recreation and leisure opportunities in the city of Chicago, you can also get a great workout indoors at one of our 71 state-of-the-art fitness centers, or outdoors along Lake Michigan's 26 miles of pristine lakefront. If you're a nature lover, enjoy a peaceful visit at one of our 16 historic lagoons or nearly 50 natural areas. For culture vultures, the park district houses 10 museums and two world-class conservatories among our inventory of inviting and beautifully maintained facilities. Website: <http://www.chicagoparkdistrict.com>



Homeless Youth Resources in Chicago

Youth over 18 years old may also access adult shelters and emergency shelters by calling "311."

*Indicates options available for youth who are pregnant and/or parenting

SOUTHIDE: La Casa Norte – 1736 W. 47th Street (opening in September 2013). 773/276-4900. Doors open at 9:00pm. Youth 18-24.

SOUTHIDE: La Casa Norte – Overnight shelter for pregnant and parenting youth ages 18-24. 773/276-4900. Call for intake process or email Shanavia@lacasanorte.org.

SOUTHIDE: Ujima Village – 7320 S. Yale. Arrive by 8:00 pm, lottery held at 8:15 pm for 24 beds. Doors close at 8:30 pm. Youth 18-24.

Interim Housing Options

Do you need a safe & stable place to stay for a few weeks to a couple of months?

These are places that you can stay for a short time.

NORTHIDE: Open Door Shelter – 1110 N. Noble Street (4 blocks southeast of the Division Blue line stop). 773/506-4100. CALL FREQUENTLY FOR OPENINGS. When a bed is available, it can be held for 2-3 hours. Youth 14-20. 4 month maximum stay. Transitional Living Program available to clients in the interim program.

NORTH-SUBURB: Hilda's Place – 1458 Chicago Avenue, Evanston (3 blocks north of the Dempster Purple line stop). 847/424-0945 x10. 18+. 4 month maximum stay.

WESTSIDE: Joshua's Center for Women – 330 W. Carroll Avenue (8 blocks northwest of the Ashland-Lake Green and Pink line stop). 773/722-0179. Females 18+. 4 month maximum stay. Attend drop-in services M-Th 9-2:30pm to get on the waiting list. Must continue to access drop-in services to remain on the waiting list.

WESTSIDE: A Safe Haven – 2750 W. Roosevelt (on the northeast corner of Roosevelt and California). 773/435-8300. 18+. Call to schedule intake appointment.

Transitional Living Programs

Do you need a long-term safe & stable place to stay?

These are programs that allow young people to stay for up to a year or two. Most transitional living programs have waiting lists and an application process. It is best to get on as many waiting lists as possible.

LOOP: Mercy Home – Boys Campus – 1140 W. Jackson (6 blocks northwest of the UIC Blue line stop). 312/738-6364. Call to begin the application process. Males 18-22.

NORTHIDE: Neon Street Doms – 4506 N. Sheridan Road (2 blocks east of the Wilson Red line stop). 773/769-3561. Call to schedule an intake assessment to be put on the waiting list. Must access drop-in center service (9a-7p) at

least twice a month to stay on the waiting list. Youth 18-20.

WESTSIDE: La Casa Norte – 3533 W. North Ave (on North Ave and Central Park Ave). 773/276-4900. Call to be put on the waiting list. Males and Transgender Youth 16-21.

WESTSIDE: New Moms* – 2825 W. McLean Avenue (1 block northeast of Armitage and California). 773/252-3253. Call to complete a telephone intake. Call once a week to remain on the waiting list. Single mothers 18-22 who are at least 7 months pregnant and/or have a child. Free parenting classes available for non-residents. *Waitlist is currently closed

SOUTHIDE: Olive Branch Mission – 6310 S. Claremont (one block east of Western and 63rd). 773/476-6200 x10. No food, no drugs, no alcohol, no cigarettes, no lighters on the premises. Males 18-24. To get into the program, you must stay in the emergency housing.

SOUTHIDE: Unity Harmony Village* – 7923 S. Maryland (1 block east of Cottage Grove). 773/783-9200. Call to complete a telephone intake. Youth 17-21.

SOUTHIDE: Teen Living Programs– 3745 South Indiana. 866/803-8336. Call to complete a telephone intake. Youth 17-21.

FAR-SOUTHIDE: Mercy Home – Girls Campus – 11600 S. Longwood Drive (116th Street and Longwood Dr). 312/738-6364. Call to begin the application process. Females 18-22.

SOUTH-SUBURB: Aunt Martha's TIFs Program – 15 W. 137th Place (in Riverdale). 708/849-2818. Call to set up an interview time. Youth 17-20.

Hollines

-National Runaway Safeline

1-800-RUNAWAY (786-2929)

-Statewide CCBYS Information Line (24-hour Crisis Intervention Services for homeless minors)

1-877-870-2663

-Illinois Domestic Violence helpline

1-877-863-6338

-Chicago Domestic Violence helpline

1-877-863-6338

1-877-863-6339 (TTY)

-Stop It (Salvation Army/Human Trafficking)

877-606-3158

-LGBTQ Crisis Hotline

773-871-2273

-Illinois Coalition for Immigrant and Refugee rights hotline

855-435-7693

Homeless Youth Resources in Chicago

Youth over 18 years old may also access adult shelters and emergency shelters by calling "311."

*Indicates options available for youth who are pregnant and/or parenting

Drop-In Centers

Do you need a safe place to go during the day?

NORTHSIDE: Neon Street Dorms – 4506 N. Sheridan Road (2 blocks east of the Wilson Red line stop). 773-433-1290. M-F 9a-7p. Youth 18-20.

NORTHSIDE: Broadway Youth Center – Wellington Avenue United Church of Christ, 615 W. Wellington (at Broadway) 773/935-3151. MTHF 12p-3p. Youth 14-24.

NORTHSIDE: Center on Halsted – 3656 N. Halsted (Corner of Halsted and Waveland, Near Addison Red line stop). 773/472-6469. M-Th 9a-7p. Youth 13-24.

WESTSIDE: Casa Corazon – 3543 W. North Ave (on North Ave and Central Park Ave). 773/276-4900. TuTh 12:30p-7:30p Youth 16-21.

WESTSIDE: Vida/SIDA Generation L – 2703 W. Division (Division and California Ave). 773/278-6737. Tu-Sa 12p-9p. Youth 18-24.

SOUTHSIDE: Garfield Community Services Center – 10 S. Kedzie (Madison and Kedzie). 312/722-3885. M-F 9a-5p.

SOUTHSIDE: TLP Drop-In Center (temporary location) – 3619 S. State, Suite 300. 866/803-8336. MWF 10a-7p, TuTh 11a-6p, Sa-Su 1p-6p.

SOUTHSIDE: La Casa Norte – 1736 W. 47th Street (opening in September 2013). 773/276-4900 x241. M-Thurs 11am-8pm and 9am-6pm Fri. Youth 18-24.

Street Outreach Programs

Street outreach programs provide youth with basic services such as access to food, hygiene supplies

NORTHSIDE: The Night Ministry's Street Outreach Events – Corner of Belmont and Halsted. Tu/Th 8:30pm-10:30pm.

SOUTHSIDE: Teen Living Program's Street and Community Outreach – call 866/803-8336 for dates, times and locations.

City Warming Centers

A Warming Center is a heated facility where you can go to find safe refuge from extreme weather if the temperatures dip below 32 degrees. Open MTuThF 9a-5p and W 11a-7p

NORTHSIDE: North Area – 4740 N. Sheridan Road (3 blocks east of the Lawrence Red line stop). 312/744-2580

WESTSIDE: Trina Davila – 4357 W. Armitage Ave (Kostner and Armitage). 312/744-2014

SOUTHSIDE: Englewood Center – 1140 W. 79th Street (79th and Racine). 312/747-0200

SOUTHSIDE: Garfield Center – 10 S. Kedzie Ave (Madison and Kedzie). 312/746-5400 **OPEN 24/7**

SOUTHSIDE: King Center – 4314 S. Cottage Grove (43rd and Cottage Grove). 312/747-2300

SOUTHSIDE: South Chicago – 8650 S. Commercial Ave (87th and Commercial Ave). 312/747-0500

City Cooling Centers

Call this hotline for locations around the city: 800/843-6154 MTuThF 9a-5p W 11a-7p

NORTHSIDE: North Area Community Service Center 4740 N. Sheridan Rd

WESTSIDE: Garfield Community Service Center 10 S. Kedzie

WESTSIDE: Trina Davila Community Service Center 4357 W. Armitage Ave

SOUTHSIDE: Englewood Community Service Center 845 W. 69th St

SOUTHSIDE: South Chicago Community Service Center 8650 S. Commercial Ave

Emergency Housing Options

Do you need a safe place to stay tonight?

These are places that you can stay for the night. You do not need to call in advance but you do need to arrive by a certain time.

NORTHSIDE: The Crib – 835 W. Addison Street @ the Lakeview Lutheran Church (2 blocks east of the Addison Red line stop). Arrive by 8:30p, staff will let 20 young people in at 8:45p. If there are more than 20 youth, staff will conduct a lottery. Anyone turned away receives a CTA bus card. Youth 18-24.

NORTHWEST SIDE: La Casa Norte – 1940 N. California Ave. 773/276-4900. Doors open at 9:00 pm. Youth 18-24.

WESTSIDE: A Safe Haven – 2750 W. Roosevelt (on the northeast corner of Roosevelt and California). Hot meal, shower, laundry, bed 773/435-8300. Arrive at 7:00p. Youth 18-24.

SOUTHSIDE: Olive Branch Mission* – 6310 S. Claremont (one block east of Western and 63rd). 773/476-6200 x10. Doors open at 5p and close at 11p. No food, no drugs, no alcohol, no cigarettes, no lighters on the premises. 18+.

POLICE DEPARTMENTS

Chicago Police Department

2nd District – Wentworth

5101 South Wentworth Avenue
Chicago, IL 60609 - (312) 747-8366

3rd District - Grand Crossing

7040 S. Cottage Grove Ave. Chicago, IL
60637- (312) 747-8201

4th District - South Chicago

2255 E. 103rd St Chicago, IL 60617
(312) 747-7581

5th District – Calumet

727 E. 111th St. Chicago, IL 60628
(312) 747-8210

6th District – Gresham

7808 South Halsted Street
Chicago, IL 60620 - (312) 745-3617

7th District – Englewood

1438 W. 63rd St.
Chicago, IL 60636 - (312) 747-8223

8th District - Chicago Lawn

3420 W. 63rd St. Chicago, IL 60629
(312) 747-8730

9th District – Deering

3120 S. Halsted St.
Chicago, IL 60608 - (312) 747-8227

22nd District - Morgan Park

1900 W. Monterey Ave. Chicago, IL
60643 - (312) 745-0710

HOTLINES

- Adoption Hotline- 800-572-2390
- Child Abuse Hotline -800-252-2873
- Domestic Violence
Help Line -877-TO ENDDV
or 1-877-863-6338
- Foster Parent Hotline- 800-624-KIDS
(800-624-5437)
- InTouch Crisis Hotline -312.996.5535
- Missing Child Hotline -866.503.0184
- National Runaway Switchboard
(hotline) 800.785.2929
- National Suicide Hotline
800.784.2433/800.273.8255
- Rainn Crisis Hotline- 800.656.4679
- Rape Crisis Hotline- 888.293.2080
- University of Illinois at
Chicago Suicide Hotline
312-996-5535 (6pm-10:30pm)
- Youth Hotline 800-232-3798





THE COALITION ON URBAN GIRLS - CHICAGO
Resource Guide