



GHGH

Girls' Health in Girls' Hands

The Boys & Girls Clubs of Monterey County inspire and empower the youth of Monterey County to realize their full potential to become responsible, healthy, productive, and successful citizens.

Our Girls' Health in Girls' Hands (GHGH) program, founded by the Women's Fund of the Community Foundation for Monterey County, designed to provide girls, ages 11-18, with leadership opportunities to refine their skills rooted in resilience, compassion, and the ability to live their life as their authentic selves. The program aims to empower, support, and invest in girls as advocates of their own health needs and encourage them to create healthier climates in their schools and communities.

The Girls Leadership Network (GLN), an essential leadership and advocacy program within Girls' Health in Girls' Hands, is a girl-led community activist group in which each nominee represents their respective school and community (and/or partnering agencies) throughout the year.

The GLN represents eight cities across Monterey County, from King City to Seaside. Each GLN Member participates in 8-10 hours of Saturday skill-building workshops every month during the school year. These workshops, focus on how to work with schools and local agencies to create the community change they wish to see. The GLN also plans an annual advocacy project and hosts a yearly GHGH Summit, covering essential topics such as Drug Prevention and Education, Campaigns Against Hate Speech, and self defense.

Through the GLN efforts, up to 950 youth in Monterey County are expected to be impacted by the annual advocacy projects in FY19-20. GLN expects to recruit 150 girls, ages 11-18, to participate in the summit, which will offer workshops such as self-love & self-esteem, health eating, knowing your human rights, yoga, and self-defense.

For more information on the GHGH Program, please contact ghgh@bgcmc.org. For information on funding opportunities, please contact development@bgcmc.org.

2018-2019 IMPACT NUMBERS

705 GIRLS
at
9 HIGH SCHOOLS
in
8 CITIES

participated in health, leadership,
and research/advocacy programs
through GHGH programming

**\$75,000 IN
SCHOLARSHIPS**

awarded to GHGH applicants
through the Community
Foundation of Monterey
County's GHGH Scholarship
Fund

100% OF PARTICIPANTS

surveyed after completing GLN
reported feeling comfortable
leading or participating in a team



BOYS & GIRLS CLUBS
OF MONTEREY COUNTY