

ANNUAL REPORT

2024



GIRLZ
Empowered

**EMPOWERING
GIRLS TODAY,
TRANSFORMING
COMMUNITIES
TOMORROW.**

MESSAGE FROM OUR LEADERSHIP



Dear Partners and Community Members,

As we look back on the incredible journey of Girlz Empowered, we are filled with gratitude for the unwavering support and partnership that has made our youth program possible. Each one of you- from dedicated community members to generous partners- has played a vital role in empowering, uplifting and inspiring the girls in our program. Your belief in our mission and your contributions have allowed us to provide essential resources, enriching experiences, and a safe space for growth. With your support, we continue to make a lasting impact in the lives of these young girls, helping them realize their potential, develop confidence, and foster a sense of community.

Thank you for standing with us, believing in our vision, and helping us make a difference. Together, we are shaping brighter futures, and we couldn't do it without you.

With heartfelt appreciation,

***The Leadership Team at Girlz
Empowered***



TIA THOMPSON

Founder & Executive Director



ORGANIZATION OVERVIEW

Girlz Empowered is a dynamic youth group dedicated to inspiring, educating and empowering girls ages 8-18. We provide a safe and supportive space where young girls can learn essential life skills that includes but is not limited to, SEL (social emotional learning), conflict resolution, reading, building confidence, self care, menstrual care and hygiene, and developing leadership qualities. Through engaging workshops, hands-on activities, and mentorship, we strive to uplift each youth , helping them navigate challenges and discover their full potential. At Girlz Empowered, we believe in fostering a community of resilient young women ready to make a positive impact in the world.



MISSION STATEMENT

To empower and uplift girls ages 8-18 by providing a safe, supportive environment that fosters personal growth, leadership, and resilience. Through mentorship, education, and community engagement, we aim to equip young girls with the skills and confidence to overcome challenges, embrace their strengths, and become agents of positive change in their communities.

GOALS & OBJECTIVES

Our goals and objectives reflect our commitment to creating a generation of empowered, resilient, and successful young women.

- Boost Confidence and Leadership Skills
- Promote Academic and Career Success
- Increase Emotional Wellness & Self-Awareness
- Enhance Life Skills Development
- Cultivate Community Engagement & Excitement

GIRLZ
Empowered



MEET OUR LEADERSHIP TEAM



**CHANTIA
THOMPSON**
Executive Director



**JASMINE
BETTIS**
Program Director



**ALICIA
HOWELL**
Program Facilitator



**MARISSA
ROBINSON**
Program Facilitator

COMMUNITY IMPACT 2024



This year, Girlz Empowered has made a lasting difference in the lives of young girls and their communities by providing opportunities for growth, learning, and leadership. Through targeted programs and initiatives, we have created meaningful change and inspired the next generation of confident, capable leaders.

We are proud of the difference we've made and remain committed to empowering even more girls in the years to come.



**Menstrual Items
Provided to Girls**

600



**# of After School
Program Attendees**

100



**# of Summer Camp
Attendees**

65

OUR 2024 PROGRAMS



In the past year, Girlz Empowered has made a profound impact on the lives of young girls, equipping them with the tools, skills, and confidence needed to overcome challenges and thrive. Through innovative programs and unwavering support, we have empowered hundreds of girls to take charge of their futures and make meaningful contributions to their communities.

The impact of Girlz Empowered goes beyond individual success stories—it's about building a generation of confident, capable, and compassionate leaders who are shaping a brighter future for themselves and those around them.

SERVICES	DETAILS
After School Program	During the 2023-24 school year, youth were engaged in a wide variety of social emotional learning activities, skill building, healing, conflict resolution, mindfulness, journaling, and more.
Summer Camp	Youth ages 8-18 had nature based learning experiences at a park we steward (Van Antwerp), volunteering, SEL (social emotional learning), Mindfulness and yoga, art therapy, and conflict resolution.
Period. Chapter	We hosted self-care package days and a program series including the following events: Menstrual Hygiene Day, Period Action Day and Back to School Menstrual Hygiene Giveaway

OUR COMMUNITY PARTNERS



313 Reads

A Girl Like Me Inc

Art By Asaina

Birdies Book Mobile

City Year

Chess with Mrs Kayla Thomas

Christian Charm School and Etiquette

The Coalition for Urban Youth and Family Development

Color My Lyrics

Courageous Coaching

Detroit Diaper Bank

Detroit Outdoors

Detroit Public Library

Detroit Public School District

Divine Juicing

The DLR Foundation

Good Vibz Yoga

Grandparents On the Move

H3y Black Girl

Henry Ford Learning Institute

Hope 4 Health & Hygiene

Inward Creations

Miss Riss Connects

Mothering Justice

Optimiz Your Flo

Period.

POP Solutions

Redford Library

Speak On It!

Three Twenty Six

Urban Alliance

Our community members.

GIRLZ
Empowered



GRANTS AWARDED IN 2024

COMCAST RISE GRANT (\$5,000)

MDE OST GRANT (\$25,500)

PERIOD. PROJECT (\$1000)

OUR SPONSORS IN 2024

**A GIRL LIKE ME INC, APOC SALES,
ARTS AND SCRAPS, THE CLEAN LOVE
PROJECT, DETROIT DIAPER BANK,
HELPING WOMEN PERIOD, GOOD
VIBZ YOGA, MICHIGAN SCIENCE
CENTER, MOLINA, S.H.E, & WAYNE
METRO COMMUNITY AGENCY**



OUR 2025 GOALS

As we move into 2025, Girlz Empowered is committed to expanding our impact and creating even more opportunities for young girls to thrive. Our goals for the year reflect our dedication to fostering confidence, resilience, and leadership among the next generation:

EXPAND
PARTNERSHIPS
WITH LOCAL
SCHOOL
DISTRICTS

CREATE A
COMMUNITY
HUB FOR YOUTH
& FAMILIES

INCREASE
OPPORTUNITIES
TO BE A SAFE
SPACE FOR
YOUTH &
FAMILIES

SUPPORT OUR GIRLZ



Girlz Empowered has successfully created a transformative experience for young girls, helping them build a strong foundation of self-awareness, confidence, and emotional intelligence. This supportive community, loved by both participants and parents, continues to empower girls to thrive and succeed. This report format provides a concise overview and clear outcomes, which you can share with community partners, supporters, and future participants.

With your support, Girlz Empowered provides life-changing Menstrual Hygiene Classes that equip girls with critical knowledge, resources, and confidence. These classes not only teach essential health practices but also break the stigma surrounding menstruation, empowering girls to thrive in every aspect of their lives.



Donate today at

bit.ly/GEHygieneClass

and be part of a movement that empowers girls to lead healthy, confident lives.

LET'S WORK TOGETHER TO EMPOWER OUR YOUTH!



GIRLZ
Empowered

Phone/
(313) 982-2465

Mailing Address Only/
18701 Grand River. M139
Detroit, MI. 48223

Email/
girlzempoweredgroup@gmail.com

Website/
<https://www.goodvibzyoga.com/girlzempowered>