

## WHO WE ARE

**Girls Inc. of the Greater Capital Region** has been empowering girls to reach their full potential since 1937, with centers in Schenectady's Hamilton Hill, Albany's Arbor Hill, and Troy's Russell Sage Campus. Serving a diverse population where 81% identify as girls of color and 60% come from households earning less than \$30,000 annually, we focus on meeting the unique needs of our community.

Our programs, led by trained staff and volunteers, provide mentorship, safe spaces, and opportunities to develop the skills and confidence girls need to succeed. With 83 cents of every dollar going directly to programming, we maximize the impact of our resources. Beyond individual support, we partner with girls to advocate for systemic change, addressing barriers like education equity and economic justice to create a brighter, more equitable future.

## WHAT GIRLS FACE

Girls in our community face significant challenges that threaten their ability to thrive, including poverty, bias, health disparities, and trauma. For girls of color and those from low-income households in the Capital Region, these obstacles are even greater. Many lack consistent access to safe spaces, enriching extracurricular activities, and pathways to college or career opportunities. These inequities hinder their ability to unlock their full potential. By addressing these barriers, we can empower every girl to recognize her strengths, embrace her power, and become a force for change in her own life and our local community.

**GIRLS INC. INCREASES OPPORTUNITIES FOR GIRLS WHILE MAKING SOCIETY MORE EQUITABLE FOR ALL GIRLS.**

## WHAT WE DO

At Girls Inc. of the Greater Capital Region, we provide girls with comprehensive and interactive leadership development. Our approach combines **long-term mentoring**, a **pro-girl environment**, and **evidence-based programs** tailored to help girls in our local communities overcome gender, economic, and social barriers.

We also advocate for local policies and initiatives that expand opportunities and promote equity for all girls in the Capital Region.

### BUILDING STRONG FOUNDATIONS

Our school-aged programs provide a supportive space for girls to grow academically, socially, and emotionally.

- **Kindergarten through 5th Grade:** After-school programs with a STEAM (Science, Technology, Engineering, Arts, and Math) focus to foster curiosity and foundational skills.
- **6th and 7th Grade:** Ignite! Program: Tailored programming that develops leadership skills, encourages exploration of interests, and opens doors to future possibilities.

### PREPARING FOR THE FUTURE

The Eureka! Program is a transformative five-year journey that starts after 8th grade, offering career and college readiness through:

- Hands-on learning and campus immersion at UAlbany.
- Mentorship and real-world experience through internships.
- Cohort-based support networks that inspire confidence and long-term friendships.

### EXPANDING EXPERIENCES

We go beyond our walls to connect girls with opportunities in their communities.

- **Summer Camp:** A free, classic camp experience that inspires fun and growth.
- **Girls in STEAM Day:** A full-day event of hands-on activities in partnership with local women leaders.
- **Day in the Life Camp:** A weeklong industry exploration program for 6th and 7th graders.







## OUR IMPACT

Girls Inc. changes the trajectory of girls' lives and prepares them for life-long success. According to the Girls Inc. of the Greater Capital Region 2023 Strong, Smart, and Bold Outcomes Survey, those participating in Girls Inc. programming are more likely to engage in healthful activities like exercise and sports, achieve higher standardized literacy, language arts and mathematics test scores; to see themselves as leaders with the skills and capabilities to influence and improve their communities, and develop trusted relationships with their mentors.

- 93% of girls know they will graduate from high school and 90% of girls know they will graduate from college.
- 95% of girls said they can make a positive difference in their communities.
- 91% of girls have adults they respect at Girls Inc.

## THE FUTURE WE SEE

We believe girls are capable and powerful now, and when they reach their full potential, they can do even more—they can change the world. The more girls have access to the right support and resources, the stronger, more informed, and bolder they can be, and the more they are equipped to demand positive changes for themselves. As leaders and advocates, they will reshape their relationships and workplaces and advance equity and justice for all, even those in the most underserved communities, achieving the Girls Inc. vision of powerful girls in an equitable society.

## GET INVOLVED

Far too few girls have access to the life-changing Girls Inc. experience. Girls in the communities we serve, girls of color and girls from low-income families, disproportionately lack access to safe and supportive schools, sports and extracurricular activities, college and career preparation, and economic opportunity.

**Your investment brings Girls Inc. to more of the communities that need us most. Your gift helps us provide girls with a vital foundation to create a better future for themselves and become role models in their families and communities. Your support and influence helps advance policies that promote equity and open opportunities for all women and girls.**

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To make a donation, please go to [girlsinccapitalregion.org/donate](https://girlsinccapitalregion.org/donate)

