

2008-2009 Program Descriptions and Grant Amounts

The agencies and programs listed below make up part of the \$3.4 million program funding United Way made in central Massachusetts this year. You will notice that each of the programs provide services in the one or more of the three basic components for a good life: education 🎓, health 🍎, and income 💰.

Strategic Initiative Women's Initiative	Total Investment in '08-09	\$175,000
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Boys & Girls Club of Worcester

- SMART Girls Program **\$25,000** awarded in '08-09

The Boys & Girls Club of Worcester engages girls between the ages of 10-14 in SMART Girls PLUS programming throughout the year. The program includes a nationally-developed curriculum to promote healthy attitudes and lifestyles by addressing gender-specific health and social issues, as well as recreational, cultural arts, and skill-building opportunities. 🎓 🍎

Clark University

- All Kinds of Girls **\$15,000** awarded in '08-09

All Kinds of Girls is a free program for Worcester girls aged 9-12 run by female Clark University undergraduates who serve as mentors. The program builds the self-esteem and self-confidence of the girls, discusses issues that impact their lives (body image, violence, etc.), and provides a safe space for girls to express themselves. 🍎

Family Health Center

- Dance, Dance, Exercise **\$22,000** awarded in '08-09

Dance, Dance, Exercise! is a ballroom dance and exercise-based, violence prevention program developed by Family Health Center of Worcester. The program is offered to all sixth-graders participating in physical education class at the Woodland Academy, the Elm Park Community School, and the Goddard School of Science and Technology. 🍎

Latino Education Institute at Worcester State College

- Latina Achievers in Search of Success **\$20,000** awarded in '08-09

LASOS (Latina Achievers in Search of Success) engages Latina mothers and daughters in an educational program that focuses on academic achievement, the development of leadership skills, self-discovery, and personal empowerment as tools to prevent violence.



Worcester Polytechnic Institute

- Camp Reach **\$21,000** awarded in '08-09

Camp Reach is a program that increases self-confidence, an important aspect of violence prevention. Camp Reach helps middle-school girls develop self-esteem and self-confidence in math and science, realize the importance of taking four years of both math and science in high school, and discover the excitement and rewards of technological fields and careers. 🎓 💰

Worcester Youth Center

- STAR Leadership Group **\$14,000** awarded in '08-09

The STAR Leaders Program is for middle-school girls, ages 10-14, and is designed to address domestic violence and promote healthy relationships. Girls will work with adult leaders, counselors, and professionals to better understand their identities in relationships, learn about healthy relationships, and decrease the incidence of violence in relationships in their lives and community. 🍎

YWCA of Central Massachusetts

- Girls CHOICE **\$13,000** awarded in '08-09

The Girls C.H.O.I.C.E. (Girls Choosing Hope, Opportunities and Independence through Careers and Education) is a mentoring program that matches strong female role models with at-risk middle-school girls with the goal of preparing them for an economically secure future. 🎓💰

YWCA of Central Massachusetts

- Girls Promoting Safety **\$45,000** awarded in '08-09

Girls Promoting Safety (GPS) is a strength-based violence prevention education program that uses evidence-based curriculum to teach middle school girls the resiliency skills and traits needed to avoid becoming victims of violence and engaging in risky behaviors. 🍎