

Nominate Your Passion

Grant Proposal Application

FAUSA member name: **Louise Greeley-Copley**

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Which UN Millennium Goal does this proposal utilize? You can check more than one.

End Poverty and Hunger Universal Education Gender Equality Child Health

Maternal Health Combat HIV/AIDS Environmental Sustainability Global Partnership

Where is this project's work located? **USA-Southern California: Long Beach and Santa Ana**

Is this a registered charity with a 501-c3 United States Tax code? **Yes**

4GIRLS is a 501(c)(3) organization. Tax ID: 45-1299730

Project Description Form

Project Name: **4GIRLS Getting Inspired for Real Life Success**

Project Contact Person: **Claudia Garcia Copley**

Project's Address: **4GIRLS Org
PO Box 41452
Long Beach, CA 90803**

Telephone: **1-562-260-8568**

Fax:

Email address: **inspiration4girls@gmail.com**

Website: **<http://www.inspiration4girls.org/welcome.html>**

1. Date the project was established. **The first workshop was held in 2010.**

2. Describe the project, its purpose or mission, and the "Parent or Umbrella" Organization (if any) administering the project? (For example, The Salvation Army, UNICEF) “

4GIRLS Organization is a 501(c)(3) independent non-profit (TAX ID # 45-1299730) that inspires and empowers middle school aged girls to identify themselves as inherently valuable, beautiful and powerful. Through an annual two-day workshop and ongoing quarterly empowerment events, 4GIRLS teaches middle school girls skills that encourage and motivate them to make good life choices. The workshop brings together a cross section of girls for a weekend of inspiration and gives them an opportunity to thrive. The annual workshop and empowerment events, offered at no cost to the girls, provides a safe place for them to realize and appreciate themselves for who they are and encourages them to find their voice and discover their potential. Some of the topics covered at the workshop consist of the following: vision journaling, healthy body image, self-defense, self expression, public speaking, museum visits, art, dance, and STEM (Science, Technology, Engineering and Math) classes. 4GIRLS targets middle school girls specifically because girls are at their most vulnerable during these years. Studies have shown that girls are more likely to struggle during this time particularly when it comes to self-esteem and they may suffer from bullying and self-harming whether verbal or physical. If a girl at this age does not feel secure about herself it can cause her to drop out of academics or sports and embed their thoughts of self-doubt, which if not disrupted, can continue into their teens or adult years stifling their life potential in terms of job, pay and relationships.

3. How did you find out about this project and how have you supported it?

My sister-in-law Claudia is the founder. We support this group with donations and by sharing the newsletters, blogs, and event invitations.

4. Please provide information regarding staff of the proposed project (size of staff, number of paid staff, number of volunteers, etc.):

There are seven board of director members and four advisory board members, all volunteers. The board members enlist topic specialists, such as self-defense instructors, artists, nurses and other educators and community leaders to cover workshop topics and materials. Social workers and therapists are also in attendance for assistance.

5. How will the grant be used and how will it benefit the community?

The grant will primarily be used to increase the empowerment events from quarterly to monthly. It costs approximately \$250 per event for 25 girls to attend an empowerment event. Increasing the number of events provides continuity, support and reinforces the goals of the annual workshop. The benefit would be to reinforce participants educational and inspiring experiences throughout the year that give girls the opportunity to learn new skills, gain courage and empower them to meet challenges with confidence.

Girls in this age group are very vulnerable and prone to self-esteem issues, worry about body image, suffer from bullying, abuse and lack of confidence. Empowered, educated, healthy, and confident girls tend to make better life choices, which leads to better life outcomes for themselves, their families and communities.

6. In one year how will the grant's impact on the project be measured? Please provide the name, address, telephone number and E-mail information of the person who will be responsible for providing the one year achievement information to FAUSA.

Surveys are conducted at the end of each day of the workshop that measure both quantitative and qualitative data. Examples of the questions asked on the survey include - "What is something useful that you learned today?" and "If you were to make one change in your life tomorrow, you would..." In addition, the girls are asked to rank the content of the program and indicate whether they would return and whether they would recommend the program to a friend.

In addition, a short focus group is conducted at the end of each day with the volunteers who work closely with the girls. The feed back from the focus group allows 4GIRLS to capture the immediate feedback on what worked, what didn't and general ideas and suggestions to improve or enhance the program.

And, finally, the success of the program is also by the number of returning participants, the number of participant's siblings who enroll in the program, the number of girls referring their friends, the number of counselors, teachers or community directors who refer their students and the number of middle school girls who age out of the program and return to volunteer.