



She is 11 12 13 going on 20. She is wondering if she's normal worried that she's weird. She is trying to fit in working to stand out. She is happy angry sad all of the above. She is on Facebook at the mall OMG LOL waiting for a ride. She is boy crazy sports crazy fashion crazy everything crazy. She is in awe of her body scared of her body hating her body. She is the life of the party a wallflower blossoming. She is looking forward to her first kiss dreading her first kiss feeling forced to kiss. She is too old not old enough waiting for a ride. She is peer pressured bullied one of the mean girls. She is missing school because she's sick missing because she's one of 160,000 being tormented by her peers. She is thinking about sex having sex not telling. She is in control in crisis in her room. She is your baby your best friend your spitting image waiting for a ride.

If you checked many contradictory boxes, congratulations. You're the parent of a fairly typical teen girl. Even if you remember a lot about those years, the fact is that it's much tougher and more complex today. That's why GENaustin is holding the We Are Girls Conference. This one-day event is devoted to connecting parents, teachers and girls who have questions with experts who have answers.



Bring your daughter for a day of dynamic and interactive workshops focused on bullying, body image and being a girl. You'll leave with a whole new understanding. *One day. One Focus. Because being a girl shouldn't be so hard.*



Conference is November 12 at Austin High. For registration and information please visit www.genaustin.org.

OUR MISSION

GENaustin's mission is to support and guide girls to make wise choices as they navigate the unique pressures of girlhood.



DONATE

Give a girl a chance to take part in one or all of GENaustin's programs. So many girls and school counselors want programming at their schools, and want to attend the We Are Girls Conference but can't afford it. Your donation will make our programs available to girls who don't currently have access. Scholarship a girl today by visiting www.genaustin.org

CONTACT INFORMATION

GENaustin
P.O. Box 3122 | Austin, TX 78704
512.841.4093
www.genaustin.org

Growing up female has always been a challenging journey. Friendships, social groups and self-identity move to the center of a girl's world as she becomes a teen; meanwhile, school gets harder, her body changes and cultural messages become desperately confusing. And just when girls seem to need guidance the most, they often turn away from trusted adults, hoping to find stronger bonds with their peers. How will they learn the wisdom they need to navigate the pressures and pitfalls of being a girl in today's world?

GENaustin's Programs clubGEN

clubGEN is an after school program for middle-school girls. At clubGEN, girls are surrounded with positive role models they can relate to for connection, inspiration, and guidance. Weekly interactive, fun sessions incorporate a research-based curriculum designed exclusively for clubGEN. With support from their club leaders, peers and high school role models, clubGEN equips middle school girls with the skills and awareness they need to navigate the pressures of the teen years.

We Are Girls Conference

GENaustin's We Are Girls Conference is a statewide annual conference that helps girls explore the issues of bullying, body image and being a girl. Topics addressed include bullying, cyber bullying, self image, dating, diversity, financial literacy, media literacy, parent-daughter relationships and physical health and wellness. The We Are Girls conference is a one-day event for girls in grades 5-12 and the adults who care about them. It connects individuals with questions to the experts who have the answers.

Girl Talk Workshops

Girl Talk Workshops explore being a girl with topics such as healthy communication, relationships, media literacy, body image, and parent-daughter relationships. Girl Talk Workshops are offered to schools and community groups year-round. These sessions are designed for 4th-12th grade girls, parents, and educators. Sessions utilize group presentations and hands-on activities that are designed to address the complex issues girls face today.

180 Program

GENaustin's 180 Program supports court-ordered teen girls after their first offense and helps them get back on track, preventing them from re-entering the juvenile justice system. Each of the 8-week group sessions includes a curriculum that focuses on developing girls' bonding, goal-setting skills, self-esteem, mental health, attachment to school, violence prevention, issues with authority and substance abuse prevention. Upon completion of the initial eight weeks, participants are encouraged to continue their participation via optional monthly daylong workshops.

HOW TO REGISTER

- Register at www.wearegirls.org
- Questions? Email us at wearegirls@genaustin.org
- Saturday, November 12, 2011
8 am to 4 pm
- Location: Austin High School,
1715 W. Cesar Chavez
Austin, Texas 78703
- Group discounts and scholarships are available at www.wearegirls.org.
- We Are Girls t-shirts and prizes available the day of!

KEYNOTE SPEAKER:
Rosalind Wiseman

SPANISH SPEAKING TRACK:
By Con Mi Madre

For girls in 5th – 12th grades and the adults who care about them;
1200 attendees



GirlConnect

Through GirlConnect (a Dell YouthConnect recipient) girls will be guided by high-tech mentors to develop girl-specific content that can be scaled to the web and mobile devices. The program works with central Texas girls to engage other girls from all over the world through technology so they may learn together about how to make wise choices as they navigate the unique pressures of girlhood.

GENaustin's WE ARE GIRLS! CONFERENCE

November 12, 2011



Tatiana Dalmou

Story by Joelle Pearson

"I'm pretty nervous," Tatiana Dalmou says calmly with a big smile. "I've never been interviewed before."

The 12-year-old introduces herself with the confidence of a college grad, and suddenly, I'm the one getting nervous.

Clearly, I've underestimated my subject. I knew the coordinators of GENaustin handpicked Dalmou for her eloquence and sensibility, but those descriptions just couldn't capture how collected

she is—especially since she's in the trenches of her adolescence, navigating her home life, school life, friends, body image and sense of self. Dalmou remains optimistic.

"Every year gets a little bit better," she says. "I'm more confident, and I'm not nearly as afraid to be myself."

She embodies what GENaustin works to sustain.

Statistically speaking, Tatiana shouldn't be the person she is today. After leaving their hometown of New York City to escape her abusive father, Dalmou and her younger brother were dependant on their suddenly single mother. They bounced between a few towns, finally settling in Austin, where Dalmou switched middle schools when her mother remarried. For most girls in Dalmou's age group, disordered eating, depression, bullying and risky behavior can lead them to a lifetime of complications, beginning with the juvenile justice system or teen pregnancy.

She admits life has been hard. However, she approaches her past with old-soul wisdom.

"If I hadn't gone through so many bad times and had those bad feelings," she says, "I wouldn't be here in the place I am today. Everyone has some kind of baggage they have to carry their whole life."

Dalmou's view of her life is the result her mother's guidance and her own willpower, and clubGEN has helped foster her outlook outside of her home. It's surrounded her with a network of peers and mentors who have decided that it's better to support one another than to divide and conquer (as teens just love to do). In clubGEN, all girls can find a safe haven of unconditional acceptance where they can develop self-expression and find strength in their opinions.

Working with girls who are closer to her in age, she explains, is especially valuable for Dalmou.

"What girls deal with today is so different than from what girls dealt with who are now, say, my mom's age," she says. "I think that [the high-school mentors] really understand what it's like for us because they had similar problems, just not too long ago."

It's not always easy to share your difficulties regarding what's going on at home or at school with just anyone, but even Dalmou, whose trust has been broken by those closest to her, feels at ease with clubGEN and GENaustin.

"I think the mentors that I have at GEN are everything that I want in a mentor," she says, "because they're supportive and helpful with everything that I tell them."

While Dalmou grows giddy explaining some of her favorite clubGEN activities (business entrepreneurship, home design and examining airbrushed advertising), it's clear the program offers much more to her than a typical school club. And that experience isn't unique. For many girls, clubGEN provides educational opportunities that girls seldom have access to in public school. Critical-thinking skills help girls develop their media literacy and decision-making abilities, relationship workshops aim to prevent bullying and promote parent-daughter connections, and workforce development programs even prepare girls for their financial futures.

In sum, clubGEN prepares girls to confidently and intelligently navigate not only their current lives, but also their immediate future, all in a supportive environment that they help to create.

"I feel like I'm more prepared for high school and even college a little," Dalmou explains. "Whether it's about academics, myself or getting along with girls my age, I think I feel really ready."

When my questions run out, I'm hesitant to shut off my recorder; I'm afraid she'll spout more wisdom that I'll miss. I'm certain ours is just the first of many interviews this clubGENer will conquer. 



Sexting, bullying, poor body image, binge drinking, disordered eating and cutting are the number one topics being addressed on November 12, 2011 at GENaustin's We Are Girls Conference to an audience of 1,200 teen girls and their caring adults.

Register at

www.wearegirls.org for just \$30 or apply for a scholarship.

Did You Know?

- Nationally, 83% of middle and high school girls report being bullied
- 1 out of 3 teen girls in the U.S. suffer from depression
- Nationally, girls are the fastest growing population in the juvenile justice system
- 81% of U.S. 10 year-old girls have been, or are currently on a diet
- Texas has the 2nd highest rate of teen girls who deliver babies twice
- 71% of teen girls in Austin, Texas report feeling they don't measure up.
- 43% of girls in Austin say they act out negatively when feeling badly about themselves through bullying, binge drinking, disordered eating, smoking and self-mutilation

See www.genaustin.org for more information on these statistics and to find new resources.



GENaustin.org



ROSALIND WISEMAN

Story by Joelle Pearson

Your girl is going to be bullied. It's probably already happened (yes, even if she's four), and it's going to happen again. You won't be able to prevent it. Nor should you even try, explains internationally lauded author and educator Rosalind Wiseman. People operate in groups, and conflict can't be avoided in groups, she says. And people (yes, even four-year-olds) abuse power.

But that isn't suggesting you can't help. Parents and educators like Wiseman play a key role in helping children and young adults learn healthy conflict resolution. It's not parental micromanaging; it's essential. Just as you shouldn't give car keys to a newly minted driver and tell them "Go!" you shouldn't expect adolescents to be able to mediate conflicts without guidance, explains Wiseman. Children, she says, do not work out problems in a vacuum.

"You have to be able to see this as it is," Wiseman says. "It's not life-ending (usually) or inevitable, but when bullying happens,

thinking, 'Oh my god. How can I save my child from this?' is not the right approach. You have to say, 'You know what? My kids are in the world, so I need to methodically and age-appropriately give them the skills they need to muddle through this mess.'"

Wiseman has been working closely with youth since she was only 21 and understands their psychology from a much different angle than her audience is accustomed to. She graduated from Occidental College in 1991 and began working as a self-defense instructor for teens, applying her studies (group dynamics, a branch of political science that analyzes how individuals make decisions with or against the group they are a part of) to the young adult demographic.

It seemed her students craved social guidance as much as self-defense, and Wiseman was driven to help. Thus, she created Empower, a traveling nonprofit workshop and lecture series that taught girls how to build positive relationships. A decade later,

Rosalind Wiseman is the author of four books including *Queen Bees and Wannabes*.



programs, Wiseman is generally not a supporter. They tend to be ineffective, she says, and sometimes they can even reinforce the wrong ideas. Research supports this, but it's not youth mentors' fault, Wiseman says. Untrained mentors generally just don't have the skills they need.

The exception, Wiseman says, are programs like GENaustin, which she's been a proponent of since its beginning.

"It's different from most other peer-led support programs in that they do give girls the skills they need to be effective mentors," she says.

GENaustin trains its high-school mentors using a research-based curriculum, ensuring that middle-school girls are provided with mentors who are both academically focused and socially confident in their decisions and personalities. The environment of trust and respect that Wiseman strives to create in her workshops is also created at clubGEN, which gives girls a safe place to speak out about their lives and problems.

For parents, educators, mentors or those simply interested in social theory, Wiseman's speech at the 2011 We Are Girls conference will provide a current and candid look at how to help foster positive relationships between girls and others. 

she summarized her observations in the bestselling *Queen Bees and Wannabes*, which soon after was adapted by Tina Fey into the comedy *Mean Girls*. The cutthroat "girl-world" hierarchy that Wiseman exposed was honest, alarming and clearly needed further addressing.

For, calling adolescence a "mess" is generous. Young girls face a bevy of problems that most grown women can relate to and remember: fitting in; discovering your interests and the confusing and awkward desire to feel recognized, socially and sexually. But the problem that adult women may have difficulty comprehending is how these same issues for girls today have become something completely new—and much more difficult—due to technology.

For instance, girls are twice as likely as boys to fall victim to and take part in cyberbullying. Almost 40% of girls report being bullied online during middle and high school, according to the PEW Research Center.

"Girls just don't have any privacy to make mistakes anymore," Wiseman explains. "When you go through that phase in your life, you're really vulnerable to making really poor choices like hooking up with the wrong person or drinking way too much and acting like a complete fool. ... Now girls go through that phase in their life on a public platform, which they sometimes contribute to."

Wiseman certainly doesn't hedge her views, nor does she expect her main audience—teen boys and girls—to either. That's part of the reason she's been so successful in getting young adults to open up about their lives. She treats them with respect, doesn't try to lecture and most importantly, doesn't pretend to be an expert on their lives.

"I tell them, 'I don't have all the answers, even though I've worked with young people for a long time. I'm going to tell you the way I think the world looks, and you tell me what you think about that. And we're going to have a real not-beating-around-the-bush discussion about it,'" she says, adding that kids trust that and respond to it.

Who helps young adults learn to navigate relationships is just as important as how. So when it comes to peer-mentoring



**Come see Rosalind Wiseman!
Keynote Speaker at GENaustin's
We Are Girls Conference
November 12, 2011
Register at www.genaustin.org**

Rosalind Wiseman is the author of four books including *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & the New Realities of Girl World*; *Queen Bee Moms & King Pin Dads: Dealing with the Difficult Parents in Your Child's Life*; *Owning Up Curriculum: Empowering Adolescents to Confront Social Cruelty, Bullying, and Injustice*; and the young-adult novel *Boys, Girls & Other Hazardous Materials*. Her monthly column, *Ask Rosalind*, can be read in *Family Circle* or online at her website, rosalindwiseman.com.



GENaustin's We Are Girls Conference Workshop Providers

November 12, 2011 – Register at www.wearegirls.org

The We Are Girls Spanish Speaking Track Signature Partner: Con Mi Madre

Con Mi Madre: Con Mi Madre, founded as The Junior League's Hispanic Mother-Daughter Program, increases the Hispanic representation of women in post-secondary educational institutions through a focus on education and social support services to girls and their mothers. We break the cultural barriers that prevent Hispanic girls from reaching their educational dreams. For more information visit www.conmimadre.org.

Adrien Paczosa, RD, LD, of iLiveWell Nutrition Therapy:

Adrien Paczosa is a Registered and Licensed Dietitian practicing in Austin and the surrounding counties. She believes that living well requires a structured approach and a commitment to three specific areas: nutrition, fitness, and rest. Helping clients find the correct balance in these three areas is what Adrien does best. She strongly believes that with positive guidance and a realistic plan, everyone can improve their overall wellness. "I am a food teacher... I teach people how to identify and eat nutritious food. My primary focus is to help my clients improve their overall wellness." www.ilivewellnutritiontherapy.com.

Badgerdog Literary Publishing:

Badgerdog Literary Publishing is an Austin-based literary arts nonprofit offering creative writing workshops in schools and community spaces; Badgerdog also publishes the quarterly literary journal, American Short Fiction. Visit them online at www.badgerdog.com

Ballet Austin's Butler Community School:

Ballet Austin's Butler Community School engages, educates, and empowers people of all skill levels, economic and cultural backgrounds to adopt healthy lifestyles through dance and regular physical activity. By providing quality instruction in an open and inviting atmosphere the BCS inspires confidence and encourages fun. For more information call (512) 476-9051 ext 126 or visit them online at www.balletaustin.org/community

Barb Steinberg, LMSW:

Barb Steinberg is a Teen Life Coach, speaker, and workshop facilitator for girls, their parents, youth professionals and women. Her mission is to enlighten and enrich the lives of girls and the adults that live and work with them through exploration, insight, compassion and fun. Barb, as a masters level social worker, has worked with adolescents for over 20 years, has been featured on KVUE-TV, KUT News and Fox7 news as an expert on teen girl issues, and is the creator of the nationally recognized DVD, The Wisdom of Girls: Teens, Sex & Truth. For more information call (512) 750-3928 or visit www.barbsteinberg.com.

BIG-Building Independent Girls:

BIG helps define the career paths and skill sets young women need to succeed in their endeavors. We develop their critical skills through seminars, internship and mentorship programs. All the while, building responsible community leaders with a high moral standard. For more information visit www.BIG-Austin.com

Camp Lantern Creek:

Lantern Creek is a residential girls camp in Dobbin, Texas. Set against a backdrop of traditional summer camp activities such as swimming, canoeing and cooking, Lantern Creek modernizes the typical camp model by offering a robust curriculum in both performing and visual arts, as well as a national-class leadership program. For more information, email Elizabeth@camp Lantern Creek.com.

Changing Lives Youth Theatre Ensemble:

The Changing Lives Youth Theatre Ensemble is a collaboration between SafePlace and the Theatre Action project. We are a group of high school age artist/activists who create original performances about issues that affect teens. For over 8 years, the Changing Lives Youth Theatre Ensemble has been touring schools, conferences and community events all across Austin and the surrounding areas to spark dialogue about teen relationships and encourage students to take a stand against dating violence, sexual harassment and bullying. For more information or booking details visit changinglivesyouth.wordpress.com

Deirdre Earls, MBA, RD, LD and author of "Your Healing Diet":

Having used an imperfect diet instead of chemotherapy to reverse my own disabling disease, now my objective is to use more than twenty years as a Registered Dietitian and author to bring the healing power of food to others. For more information please call (512) 453-8784 or visit www.YourHealingDiet.com.

Dell's "Wise" Employee Resource Group:

The "Wise" Employee Resource Group at Dell is focused on creating a culture of inclusion through programs and initiatives that support our team members, our business results and the communities in which we live and work. Wise is dedicated to the acquisition, retention and development of female talent, with a focus on community involvement to grow initiatives focused on women in technology.

Emily Harris:

Emily's lifelong engagement in the creative process inspires her to infuse her workshops and storytelling programs with imagination, improvisation, and play. The schools, libraries, houses of worship, festivals, conference and community centers where she presents to children and adults appreciate her lighthearted approach. For more information email emilyharris49@gmail.com

Experiment and Explore:

Experiment and Explore is the effort of Valentina Valé to encourage all people to remain friends with their inner artist. Through 3-D exercises, participants explore forms, relationship and functionality; each person solves their design in a different way as they experience their own choices, taste and pace. When one attends Jewelry Design Workshops fulfillment of the need to express one's individuality can occur. For more information visit www.experimentandexplore.com

Fran Harris Enterprises, LLC:

Fran Harris is the Chief Fun Officer of Fran Harris Enterprises, LLC, a multimedia corporation specializing in publishing, event marketing & television production. She was a member of the Houston Comet's first WNBA Championship team in 1997 and captain of the University of Texas at Austin's 34-0 NCAA Championship team in 1986. Fran recently hosted HGTV's renovation show, "Home Rules", and has appeared as a business and life coach on The Today Show and Good Morning America. To connect with Fran, visit www.franharris.com.

From the Heart Family Healing, Kimberly Smith Cavins, OTR, CPE, EFT-Cert:

Helping people with: parenting or family struggles, unhealed emotional issues, trauma, or illness who need peace, love, and connection. For more information visit www.fromthehearthealing.com.

Fun Financial Facts:

Fun Financial Facts is a program designed to help young girls understand free enterprise concepts. The goal of the program is to introduce a basic understanding of how our financial system works. This will empower young girls by looking at our financial system as a tool to help build their knowledge base and feel confident about their credit history, the stock markets, and other important financial facts. For additional information about the program please contact Koreena Malone at korymalone@austin.rr.com.

GirlPower:

GirlPower is a program designed to help girls understand girls. The goal of the program is to inspire young girls to feel empowered, develop a strong sense of self, and love themselves while maintaining healthy friendships/relationships. For more information visit www.urstrong.com.

Girls Inc. of Greater Austin:

Girls Inc. of Greater Austin (GIGA) inspires girls ages nine through eighteen to be strong, smart, and bold in every aspect of life, through providing them with experience, exposure, and reflection to tackle the complex barriers that they face while growing up. For more information, please call (512)423-8952, visit our local website at www.girlsinc-greataustin.org, or our national website at www.girlsinc.org.

Girls & Women in Entertainment Network (GWEN):

Jennifer Black is an actress, coach, writer, producer and speaker that empowers girls and women to fulfill their dreams in life through speaking engagements, books, productions, and products with messages of empowerment. For more information visit www.girlsconferencespeaker.com.

Girlstart:

Founded in Austin, Texas, in 1997, Girlstart is one of the few community-based informal education programs in the nation specifically dedicated to empowering and equipping K-12 girls in STEM. For more information visit www.girlstart.org.



Conference Host

GENaustin

Headway Consulting, LLC:

Provides expertise and specialization in evaluating learning disabilities, dyslexia, and psychological functioning. For more information visit www.headwayconsultingllc.com.

Dr. Karen Rayne:

Karen provides advice and support to parents on how to educate their children and teenagers about sexuality. Karen's knowledge about adolescent development and education provides her with a solid background for guiding parents through tricky conversations. She also teaches sex education to children, teenagers, and college students. For more information visit www.karenrayne.com

Latinitas:

Latinitas is a non-profit organization that enables young Latinas to achieve personal and academic success through media and technology outreach thereby addressing the critical state of Latina girls today. For more information visit www.latinitasmagazine.com.

Lifeworks:

Lifeworks provides a comprehensive network of services for youth and families, addressing critical needs to achieve lasting, positive change. For more information call (512) 735-2400 or visit www.lifeworksaustin.org

Loveisrespect, National Dating Abuse Helpline:

loveisrespect is a national 24-hour resource that can be accessed by phone or via chat, specifically designed for teens and young adults involved in dating abuse relationships or who may have questions about healthy relationships. Peer Advocates are trained to offer support, education and resources to teens and young adults as well as concerned parents, friends and loved ones. For more information please visit www.loveisrespect.org

Melanie Warner Spencer:

For more than 10 years, Melanie Warner Spencer has covered design, fashion, the arts and entertainment for various newspapers, magazines and online publications. She is currently the interior design reporter at the Houston Chronicle. Originally from Kentucky, this honorary Texan has also served as press secretary to Texas First Lady Anita Perry and is an accomplished fine art and editorial photographer. Her work has been featured in various gallery exhibitions, has won juried shows and was recognized by the Texas Press Association. She lives in Houston with her husband, screenwriter and assistant director, Mark Spencer. For more information, visit www.melaniespencer.com, "like" Spencer's Facebook page or follow her on Twitter @melaniespencer.

Money Academy:

Revolutionary financial literacy education that shows kids how to "Blast the Money Trap" and how to use money for something other than spending! The best investment you can make in your kids future of financial responsibility. For more information visit www.themoneyacademy.net

Moody Me Workshops:

Finding your unique voice creatively. Moody Me is a non-traditional art and writing class that provides a safe and supportive place for women of all ages to explore, identify, embrace, share and celebrate their unique creative selves artistically, with style and a whole lot of fun! For more information call (512) 255-7871 or visit www.melancholygirls.com

Myrna Rocks!:

Belinda Acosta is an Austin-based writer and the author of two novels, the award-winning *Damas*, *Dramas*, and *Ana Ruiz and Sisters*, *Strangers*, and *Starting Over*. A multi-talented singer, songwriter, and performer, Myrna Cabello's first CD, *Letting Go*, was released in 2010. For more information contact followbelinda@gmail.com or myrnarocks@gmail.com.

Planned Parenthood:

America's most trusted nonprofit provider of reproductive health care. Dedicated to providing high-quality, affordable reproductive health care and teen pregnancy prevention education to more than 30,000 men, women, and teens in Austin each year. For more information visit www.ppaustin.org

RegainYourTime.com:

An Austin-based business providing training, speaking and consulting in the areas of productivity, individual and team effectiveness, and attention management. For more information call 424-226-2872 or visit www.regainyourtime.com.

SafePlace:

SafePlace exists to end sexual and domestic violence through safety, healing, prevention and social change. For more information visit www.SafePlace.org

Sol2Soul:

Sol2Soul is a life coaching, consulting and inspirational speaking resource that offers a variety of educational workshops and trainings to schools, corporations, non-profits, communities and churches. Evelina Solis engages, enlightens, empowers and entertains her audience through interactive delivery methods, educational techniques and her miraculous story from tragedy to triumph. For more information visit www.evelinasolis.com.

Tao of Texas Martial Arts Institute:

A community-focused martial arts school whose mission is to give everyone the opportunity to gain mental, physical, and spiritual strength, and as a result make the world a better place. Specializing in teaching ADD/ADHD youths. For more information, call (512) 779-5499 or visit www.taotexas.com To read powerful, inspiring stories of Tao of Texas's students, visit our blog at www.taotexasmai.blogspot.com.

THRIVE Consulting:

THRIVE encourages and assists women of all ages to identify, pursue and achieve their goals. Through workshops and individual and group wellness coaching sessions, we provide the encouragement, structure, and accountability necessary to achieve one's goals - whether they be related to weight loss, balanced living, achievement, or life-long dreams. For more information, visit www.thrive-ing.com



Originally called The Ophelia Project, GENaustin was created in 1996 by 12 concerned mothers raising adolescent girls in Austin, TX, to address an increasing trend among middle school-aged girls – a systematic decline and sometimes permanent loss of self-esteem - the outcome of which can be devastating: epidemic levels of anorexia/bulimia, self-mutilation, depression, low academic achievement, teen pregnancy and drug abuse. GENaustin fosters healthy self-esteem and provides options at a time when girls begin to feel the burdens rather than the advantages of femininity.



Travis County Attorney's Underage Drinking Prevention Program:

Identifies the link between underage drinking with more highly visible social issues in addition to drinking and driving. For more information call (512) 854-4229 or visit www.co.travis.tx.us/county_attorney/Underage_Drinking_Pgm/default.asp

Yoga RX:

Yoga RX provides private consultations, which include a written practice plan, anxiety reducing breathing exercises, meditation techniques & yoga philosophy guides. Each practice plan is specifically tailored to meet the individual's needs, in order to achieve balance in their physical, mental, and spiritual states. Caroline McCarter specializes in eating disorders, anxiety, depression, as well as many physical conditions. For more information visit www.yoga-rx.com.

GENAUSTIN THANKS THE ANN RICHARDS SCHOOL FOR YOUNG WOMEN LEADERS.

GENaustin has been privileged to locate our headquarters at the school for four years!



Thank you, ARS, for giving GENaustin a home!

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