

2011

# Hand to Hand Chronicle

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Angel Faces

Foundation  
for Women

MANA

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## Our Mission Statement

Hand to Hand makes an impact in the lives of women and girls in San Diego County by directing resources to programs that empower change and self-sufficiency.



## Program Year 2011 Grantees

Awarded for program year 2011, Hand to Hand granted 4 Organizations totaling \$30,940

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| • Angel Faces                                  | \$10,000 |
| • Foundation for Women—<br>Microcredit program | \$7,500  |
| • MANA—Hermanitas program                      | \$4,000  |
| • Shakti Rising                                | \$9,440  |

## Shakti Rising

Hand to Hand was pleased to award a second grant to Shakti Rising in November, 2010 for the Apprentice Program. Many of the women in the program were either foster care children or adopted youth. Most grew up in extreme poverty. All of the women served in Shakti Rising have experienced some form of severe childhood trauma. The major focus of the Apprentice Program is placed on building life skills that are necessary to gain and maintain employment. Proper hygiene, structure and routine, access to reliable transportation, communication skills and emotional stability are just some of the skills and aids that are discussed in the intensive program. Shakti Rising also offers a phone support system called courting services. In the program year of 2011, over 50 young women were able to take advantage of the service for crisis intervention and counseling.

## MANA

At the beginning of the school year, the girls participating in the Hermanitas program develop their own long-term goals. The objective of the Hermanitas program is to encourage Latina adolescents to stay in school and pursue high academic goals. Throughout the year, various presenters speak with the girls about careers and the education needed.

The Latina adolescents visited the Museum of Tolerance in Los Angeles and attended the Young Writer's Camp at UCSD during the summer of 2011. The Museum field trip was designed to broaden the girl's perspective of other cultures. Clearly a highlight of the year was attending the Writer's Camp. The girls spent time on a university campus,

they met students from other areas of the county and they got to choose their own topic to write about; all of these were firsts for the girls. At the end of the two weeks, they showcased their poems and short stories to all at camp. "It made me feel confident in writing" and "Writing is a way to express yourself" are just some of the comments made by the 6 girls who attended the Camp.

## Angel Faces



During the week of June 19-26, 2011 Angel Faces completed their annual retreat. The retreat helps adolescent

girls with burn/trauma injuries gain hope, tools and skills to face life's challenges and struggles. Group therapy, role playing sessions on how to handle stares and insensitive questions along with advice on how to apply make-up all help the girls develop a sense of self-worth after the devastating impact of the trauma.

Anastaza is one of the young women who attended this

year's retreat. Anastaza was severely burned in a car accident that also killed her father. She was able to focus on the emotional healing offered by the trained therapist as well as the group interaction with other girls who suffered similar tragedies. Her spirit is strong and she will continue to blossom with the support of the on-going Facetime sessions offered to all the graduates.

## Foundation for Women Microcredit Program



Due in part to the Hand to Hand grant of \$7,500, The Foundation for Women was able to add two part-time loan center managers to help educate women in financial literacy. The financial literacy program includes business related topics such as budgeting, cash flow, marketing, sales, inventory control, and regulatory issues. Successful

course completion (as indicated by a score of 80% or higher) earned the clients a new computer. Helping women gain financial security impacts more than just the women; their family is helped as well. The Microcredit Program helped 35 women from January – July, 2011 and 61 family members.

