

2012

INSIDE
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From the
Inside Out

Girls on the
Run

SDS Hope
House

Speak for
Success

Hand to Hand Chronicle

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.



2012 Grantees

For Program Year 2012,

Hand to Hand awarded 4 Grants

- From the Inside Out \$7,250
- Girls on the Run \$10,000
- SDS Hope House \$6,500
- Speak for Success \$6,000

Girls on the Run

The \$10,000 grant awarded to Girls on the Run allowed the organization to support two sites – Oceanside Elementary and Linda Vista Elementary. Girls on the Run is an after school program that promotes healthy lifestyle choices. Full subsidies were awarded to 29 third – fifth grade girls in Oceanside during the spring and fall. Linda Vista Elementary had 15 girls in the fall program. Nine coaches volunteered over 200

hours to implement the curriculum. The young girls develop a sense of community, self-accomplishment and pride. The grant supplies materials for the girls and each of the 44 girls received a new pair of running shoes. The grant was also used to provide transportation to the 5K; the culmination of the program.



From the Inside Out

The at-risk girls (10-19) that participate in the From the Inside Out program have faced sexual and emotional abuse, drug abuse, violence or neglect in their homes. Concerned parents and educators refer participants to the 12-week program that addresses post-traumatic stress disorder, battered women's syndrome and an array of emotional, psychological, intellectual and social difficulties. The licensed therapists who donate their time assist the girls to develop emotional literacy through

empathy training, self-assessment and non-violent problem solving skills. The goals of the program are to decrease truancy, enhance cognitive skills and build self-esteem. Over the course of the program year over 50 girls were served in the program, many returning to group sessions even though their 'official' participation had ended.

Speak for Success

The 10-week intensive Transformational Leadership Program had nine graduates in the fall of 2012. The Leadership Program builds on the fundamentals the women learned in the Communicate with Confidence program. Leap to Success seeks to em-

power victims of domestic violence and homelessness by helping them achieve physical, emotional and economic well-being. After completing the program, Connie got promoted, Juanita got hired as a full time permanent employee and Nirra is working

full time and living on her own. These are just a few of the successes. The women continue to receive coaching with monthly follow-up sessions and community out-reach speaking engagements.

SDS Hope House

Hope House is a transitional safe house for women coming out of situations of human trafficking. Up to five women residents may stay at Hope House at any given time. During the program year 2012 a total of nine women resided at Hope House. The grant money was used to buy supplies to form a cottage industry of growing vegetables and sewing projects to sell at local Farmer's Markets. Using the cottage industry model the women learn life

skills of budgeting and money management. The profit from the sales is theirs to keep as discretionary money. Thanks to the grant, the residents enjoyed fresh fruits and vegetables all summer long and were able to can the excess produce to use in the winter. The new sewing machine and patterns will allow weekly sewing lessons for the residents.



