



The Skillman Foundation Presents

YAKTIVITIES FOR HELPING KIDS

Alternatives For Girls

Program Has Been a Vital Part of the Detroit Community Since 1987

The mission of the Alternatives For Girls organization is to help homeless and high-risk girls and young women avoid violence, teen pregnancy and exploitation.

On top of that it helps them to explore and take advantage of the support, resources and opportunities available to help them be safe, grow strong and make positive choices in their lives.

AFG is a nonprofit organization located in Southwest Detroit. Since 1987, AFG has provided critical services to participants in the program, including safe shelter, educational support, vocational guidance, mentoring and counseling.

Alternatives For Girls got its start when a group of Southwest Detroit residents, clergy and business people began to share concerns about the increase in drug use, homelessness and street activity by girls and young women.

The organization started as a small, volunteer-run program with a five-bed emergency shelter in a neighborhood church.

Twenty years later, AFG has evolved into multi-service agency with nearly 50 employees.

Today the organization helps girls and young women repair their lives, rescue their dreams and restore their faith in the future.

Alternatives For Girls accomplishes its mission through three key services:

AFG Prevention

Finding self-esteem, improving grades, rejecting drugs and alcohol, choosing abstinence, connecting with a mentor, discovering untapped talents — these are some of the experiences girls have when they take part in AFG Prevention programming. These positive experiences can happen in a summer program, through the Rise-N-Shine



Girls enjoyed costumes and fun at the 2008 Mentor Picnic.

program, during the course of a school year, through after-school workshops, study groups and girls' clubs. Positive experiences also can grow over several years, as girls mature from 5 to 18 years of age and build strong character on a foundation of positive choices.

AFG Shelter

The AFG Shelter is a place where young women ages 16-21 discover abilities and callings that lead them toward meaningful careers and productive lives. The program helps girls and young women finish diplomas and advance toward degrees, develop a

strong work ethic, become good mothers, acquire financial literacy, learn cooperation and respect for others and improve self-esteem. As participants redefine themselves and reshape their lives, new ideas, new paths, new people emerge from the AFG shelter.

AFG Outreach

This program serves as a lifeline to many young women seeking to remove themselves from situations and activities that threaten their physical and mental well-being, their futures and their lives. When

staff and volunteers encounter young women on the streets — in all seasons, in daylight or after dark — they provide them with harm-reduction kits, a ride to AFG and other safe places and links to life-saving and support services.

For more information about AFG or to inquire about making donations contact:

Alternatives For Girls

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THINK ABOUT SELF-ESTEEM

Self-esteem makes success happen. People with strong self-esteem feel confident about themselves, know they have talents and abilities and feel they can take on new challenges. They know that even if they try something and come up short, they can succeed by trying again. The Alternatives For Girls program helps girls and young women develop self-esteem so they can be successful. With family or friends, talk about ways people can gain confidence and self-esteem. A good place to start is to list the talents and abilities each person has. Everyone does some things well, and recognizing that can help people gain confidence to try new things and acquire new skills. As a family, make a list of each person's talents and abilities. Then brainstorm ways you could use these talents and abilities to acquire new skills.