



Powerful Alternatives

A Newsletter for Supporters of Alternatives For Girls

SPECIAL FEATURE -

Vanessa's Rise N' Shine Diary

Follow along with Vanessa and her friends as they attend a day of AFG's Rise N' Shine summer camp, and get a behind the scenes look at the fun, learning, and excitement that happens each day - because of you!

8:30 am - Beep! Beep!:

Vanessa's day begins when an AFG staff member picks her up from her house. With your support, we're able to provide transportation to and from the camp for all 74 campers.

Once in the van, Jessica, 10 and a half years old, is greeted by her friends. They sing along to music on the radio on their way to the camp.

9:00 am - Breakfast:

Excitement bubbling over

After piling out of the van, and signing in for the day, Vanessa joins her group for breakfast. The room bubbles over with excitement as the girls talk about what the day has in store.

9:50 am - Gardening:

Each day, Vanessa enjoys three different workshops. Today, the



*"My favorite part of Rise N' Shine is meeting friends," says Anahi, a new Rise N' Shine camper. **Thanks to your support, Anahi and her friends stayed safe, learned new things, and had fun, all summer long!***

first workshop is gardening. "We get to plant and harvest the vegetables – like potatoes, lettuce, cucumber and tomatoes," Vanessa shares. "And we get to taste

[See Vanessa's Diary, continued on page 2](#)

Hope for a better future, because of you:

A New Chapter: Mallori Finds Hope at AFG

Thanks to your kindness, Mallori found a safe place to land when she had nowhere else to go.

"When I turned 18, I became homeless," Mallori* recalls.

Alone, scared, with nowhere to go, Mallori found shelter at a nearby McDonalds. She was sleeping there, struggling to find a place to go, when she was approached by a woman who wanted to help. With her assistance, Mal-

lori was able to enter a warming center in Detroit. The next day, that center reached out to Alternatives For Girls to see if there was room available for Mallori.

Because of You

Thanks to your kindness, there was. Because of you, Mallori

moved into AFG's shelter and took the first step towards her new chapter.

"AFG saved my life and gave me hope for a better future," says Mallori.

Thanks to you, Mallori's story is still developing. Her first goal is to find a job so she can save money for her own apartment. With the help of her case planner,

**Name has been changed to protect her confidentiality. [See A New Chapter, continued on page 3](#)*

A new start. Positive alternative

Vanessa's Diary, continued from page 1

them!" she exclaims.

This summer, the campers even got to learn about composting! "You have to measure the right amount of materials and water or it won't work," shares Vanessa's friend Anahi, 10 years old.

12:00pm - Lunch:

A time to say hello to friends.

"Lunch is yummy," says Vanessa, eyes wide. "We also get to hang out with our friends that are in other groups!"

After eating a healthful meal and hanging out with friends, the campers have time to play games or talk to their youth leader about their day.



"I like [the nutrition] workshop because we get to learn about new foods and we get to taste fruits and vegetables!" shares Vanessa.

12:30 pm - Nutrition:

My favorite workshop!

The next workshop of the day is Vanessa's favorite. "I like this workshop because we get to learn about new foods and we get to taste fruits and vegetables!"

she shares.

One of Vanessa's favorite activities in the workshop was when the group listed fruits and vegetables by color. The girls listed off their favorites, and the facilitator introduced them to less well known fruits and vegetables, like jackfruit and bok choy.

In addition to learning about good foods to eat, Vanessa and the campers also get to learn how to make delicious recipes, like fruit smoothies, and make jewelry with food, like macaroni.



1:50 pm - Games:

"Mingle, Mingle!"

The final workshop of the day is the games workshop. In this workshop, campers learn different fun, active games like Mingle, Mingle, Simon Says, and more.

As the campers play Mingle, Mingle outside, you can hear their squeals from yards away as the leader shouts "Mingle, Mingle...three!" and the girls scramble to find a group of three to cling to. The campers who are "out" are still smiling from ear to ear as the game continues on.



It's because of your generous support that at the end of each day Vanessa hops on the van home with a smile on her face. Thank you!

3:00 pm - Time to go home!

"My favorite part of Rise N' Shine is meeting friends," Anahi reflects at the end of another exciting day. Vanessa agrees, and adds, "Don't forget about the fieldtrips! My favorite was the water park!" The two talk about the memories they've made this summer, as they run to catch the van to go home.



You make this all possible!

It's because of your generous support that at the end of each day Vanessa hops on the van with a smile on her face. Thank you for helping 74 girls enjoy a summer they'll never forget! ✨

A New Chapter, continued from page 1

Mallori has received help applying for jobs and preparing for interviews. She also attends weekly life skills classes that will help to prepare her to live independently.

Moving Towards a Positive Future

“I have learned that everyone doesn’t have life easy,” Mallori shares. “There are struggles and barriers we all face, but with the right support and opportunities, we will make it out in the end just fine.” While in AFG’s shelter,

Mallori has been motivated and encouraged to pursue her dreams. In the future, she plans to attend college to study law. “I want to continue to move forward with my life in a positive direction,” she says.

Thank you!

Without you, Mallori’s future would still be hanging in the balance. Thank you for helping girls and young women who need help and have nowhere else to turn for support. ✨

Supporter Spotlight: Betsy Appleton

In Betsy’s own words...

Many years ago, long before I routinely headed to downtown Detroit for alternative cultural events, I heard about a Mother’s Day Poetry Slam. Each attendant was asked to provide some donations, perhaps school supplies or baby clothes for Alternatives For Girls. The program was the creative introduction of my awareness of how this organization was filling a huge need for girls and young women in Detroit.

I was unaware then of the trappings of trafficking and lack of shelters for this population and was inspired to learn how AFG was educating both its participants, and potential supporters like myself, with concrete solutions. This past May, anticipating a “big” birthday, in lieu of gifts,



Betsy, long-time supporter of Alternatives For Girls, shares how she first heard of AFG, and what inspired her to get more involved.

I asked friends and family to donate to AFG as a way of spreading my support. This provided a chance to inform others about the work being done, the success rate of participants, and a model for other cities.

To all the staff, donors, and volunteers: Go forth in strength!

Mission:

Alternatives For Girls’ mission is to help homeless and high-risk girls and young women avoid violence, teen pregnancy and exploitation, and help them to explore and access the support, resources and opportunities necessary to be safe, to grow strong and to make positive choices in their lives.

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Shelter and Transition to Independent Living:

AFG’s Shelter Program provides a stable home, counseling, and life skills training to homeless young women age 15-21 and their children. The goal is to empower them to lead productive and fulfilling lives.

Outreach and Education Services:

AFG’s Outreach Program helps teens and women engaged in high-risk activities, such as street-based prostitution, drug use, and gang involvement, to understand the risks of such activities and transition to safe choices and healthy lives.

Community Based Prevention:

AFG’s Prevention Program serves girls ages 4-18 who are at risk of pregnancy, gang involvement, abusing drugs or alcohol and school truancy. We engage them through after-school programs, a teen leadership program, and a summer camp.

Powerful Alternatives is a publication of Alternatives For Girls

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For all you do, thank you.

BRIEFING ROOM

Get Involved!

Here are 3 ways you can support the girls and young women at Alternatives For Girls:

Become a volunteer: Volunteers are needed to babysit the children in our shelter while their mothers attend on-site classes and workshops, to help out in the Crisis Resource Center, and more! **Contact our Volunteer Department at 313-361-4000 ext. 248** to learn how you can become a volunteer!

Make a monthly gift: By making a monthly gift, you will join a special group of people who reach out each month to help provide life-changing resources to girls and young women. To become a monthly donor, **call Taylor at 313-361-4000 ext. 273** or visit our website.

Support AFG during the Detroit Free Press Marathon: Are you running in the marathon? You can choose to fundraise for AFG this year! To join the team, select Alternatives For Girls as your charity of choice when you register for the marathon, or visit <https://bit.ly/2uOaBnZ>, and click "Join the Team".

Who is your Role Model?

Help select AFG's 2019 Role Models

Alternatives For Girls is now accepting nominations for the 2019 Role Model Awards! Each year, two or more women are honored with awards at AFG's Role Model Dinner for their accomplishments and demonstrated commitment to the Metro Detroit community. You are invited to recognize an extraordinary woman who you think would make an excellent AFG Role Model. To submit a nomination, visit:



2017 Role Model Awardee, Cindy Estrada, UAW VP, accepts her award at the Role Model Dinner.

www.AlternativesForGirls.org/Role-Model-Awards/

You're Invited!

Positive Choices, Powerful Lives Event

You are invited to join us at our Positive Choices, Powerful Lives event. During the event, you will learn about Alternatives For Girls' history and programs, hear from some of the young women Alternatives For Girls serves, and learn ways to get involved. There is no charge to attend, though you will be invited to support Alternatives For Girls' programs. Valet parking, hors d'oeuvres, and drinks will be provided.

Tuesday, September 25th, 2018

The Corner Ballpark presented by Adient

Registration: 5:30 pm

Program: 6:00 - 7:00 pm

Space is limited. For more information or to RSVP, **contact Taylor Gawlik** at 313-361-4000 ext. 273 or tgawlik@alternativesforgirls.org.



Alternatives For Girls
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www.AlternativesForGirls.org

At AFG we respect everyone who comes to us for help – as they work towards a brighter future. So, while their stories are true, names and images may have been changed to protect their privacy. Thank you for understanding.