

STEPS Newsletter

Striving Toward Empowered Personal Success

Quarterly Newsletter: June 2012



Welcome

Welcome to the first edition of the STEPS newsletter. This edition will give you a brief overview of what we have accomplished over the last year and familiarize you with who we are and what we do. Going forward, we will bring you quarterly news and developments on the impact our organization makes in the community. STEPS, Inc. has made many achievements this year! Our afterschool program at West Side Middle School in Groton has expanded to Bennie Dover Jackson Middle School in New London. We

are currently making plans for our 2012 summer program, where participation is expected to triple! We are proud to announce that our curriculum notebook is being finalized and exciting new workshops are being added. We are thrilled to bring you news concerning our successes and happenings.

Our mission is to provide women and girls the tools necessary to build a life of integrity and self-sufficiency through the empowerment of positive choice.

INDEX

- About STEPS (pg 1)
- Our Programs (pg 2)
- Funding (pg 3)
- Thank you! (pg 4)

Testimonials

Local students have something to say...

- *"The girls in the group really enjoy coming every Thursday and it allows us to learn things that teachers or our parents don't teach us."*
- *"This program is the most help I've ever gotten through my*

life. I've felt below many and never able to accomplish. And to suddenly feel different and feel good about myself, and I've never felt like I do now. I enjoy life better!"

- *"I have learned that you do make mistakes and you have to think before you choose your action."*

UPCOMING FUNDRAISERS

Speed Networking	June 27, 2012
Applebee's Fundraiser	August 4, 2012
Macy's Shop For A Cause	August 25, 2012
STEPS Yard Sale	September 15, 2012
Pie Sale Fundraiser	October TBA
Gift Cards Fundraiser	November TBA

Contact Information:

E: info@stepsCT.org
T: 860.941.7949
W: www.stepsCT.org



STEPS Newsletter

Striving Toward Empowered Personal Success

Our Programs



STEPS strives to create a trusting, non-judgmental environment where adolescent girls can feel safe and express themselves freely. STEPS educates and provides options for making healthy decisions.

Girls Only! Summer Leadership Program

Our Girls Only! Summer Leadership Program was an absolute success in 2011. We started the summer off with a Kick-Off Cookout at Washington Park in Groton. We invited interested girls and a parent(s)/guardian(s) to come, meet STEPS and the other participants, and learn about STEPS' Summer Leadership Program, which takes place at the Municipal Building in Groton.

The girls advanced their leadership skills when STEPS collaborated with Ledge Light Health District and the Mystic Arts Center to study the sophisticated marketing techniques that tobacco companies use to target our youth. The girls created a pamphlet,

public service announcement, and poster to reach their peers. All three strategies were used in the Groton Public School System and beyond (see YouTube video at <http://www.youtube.com/watch?v=tUBeMGy6j1g>).

We also explored the girls' interests, and they learned about life choices and were involved in the community. The girls organized and conducted fundraisers to attain their summer goal, which was to enjoy an overnight stay in Boston, MA. The culture and history of Boston was discovered through DUCK tours and walking the city. We had an awesome time!



Project 4 Success

We recently completed our third year of working with our high school girls at West Side Middle School in Groton. We conducted Girls Circle-style sessions over a healthy meal and provided workshops on topics that interested and empowered them through tough transitions and high school

pressures. Last year we provided workshops and interactive activities on Body Image, Goal Setting, Race Relations, Job/Interviewing Skills, and much more. We also provided a College Tour, Academic Assistance, Community Service Opportunities, and "Fun Nights."

Striving 4 Positive Life Choices

We recently completed our fifth year at West Side Middle School in Groton and our first year at Bennie Dover Jackson Middle School in New London. We enjoyed working with the young ladies and watching them develop. We provided the tools necessary

to build self-esteem, recognize what a healthy/unhealthy relationship looks like, learn how to manage stress and anger, and set boundaries and expectations for themselves and others, which empowered them to make positive choices.



STEPS Newsletter

Striving Toward Empowered Personal Success

Funding



Fundraisers

STEPS, Inc. has been working hard to raise funds for our programs. This year we have been relied on our old standbys, such as Bake Sales, Pie Sales, Valentine's Day Lollipop Sales, and Yard Sales. We appreciate the community's support in our endeavors, but more is needed!

Program Funding

We were so fortunate this year to be awarded for the second time the following grants:

- **Community Development Block Grant** by the New London City Council. This will allow us to facilitate our afterschool program at Bennie Dover Jackson Middle School during the 2012-2013 school year. This grant will give us the opportunity to continue to support and empower the lives of girls in the New London community. **Thank you New London City Council!**
- We also received a generous grant from the **Charter Oak Federal Credit Union's**

Community Giving Grants Program. This grant will assist with building the lives of adolescent girls through mentoring, workshops, skill-building activities, and opportunities and exposures. We will continue to teach and equip our girls with tools and skills to help them live healthy, productive, and empowered lives. **Thank you Charter Oak!**

- **The Pfizer Volunteer Program** has supplied STEPS with funds to sustain our effort to impact our adolescent girls. **Thank you Pfizer!**

Coming Right Up!

STEPS has a lot of exciting events to look out for in the coming months:

- We will be hosting our first **Speed Networking** event designed specifically for non-profits in surrounding towns. This will be a fun, exciting and effective way for your organization to increase resources while networking with local organizations. This will help strengthen our organizations to do the much needed work that we do in our communities. This event is scheduled for July 27th. Please visit our website at

www.stepsCT.org for further details or contact us at 860-941-7949 if you have any questions. This event will host 50 organizations. Sign up now to join the fun!

- The fourth annual **Girls Only! Summer Leadership Program** will begin on July 9th. The girls will be having an amazing summer with us as we embark on exploring the arts and culture in our local communities!

STEPS Newsletter

Striving Toward Empowered Personal Success

Thank You! Thank You! Thank You!



From The Desk Of The President

To the Board Members of STEPS (Abby, Beverly, Danielle, Jessica, and Vivian) for your dedication and hard work over the past four and a half years. Your commitment to the organization and the women and young ladies in our community is exemplary.

To the donors and funders for your financial assistance and to supporters and volunteers for your won-

derful words of encouragement and good deeds.

The last few years would have been extremely difficult without all of you.

Thank you. Stay tuned. The best is yet to come!

Beatrice Jennette

Give Back To Your Community

STEPS is currently looking for Board members with experience in non-profit policy, governance and budgeting, and volunteers to join our organization. If you are looking for a way to give back to your community and impact the lives of women and girls, you have found the right organization. We would love to meet you! Contact us for details.

Thank you for reading our newsletter. We need support from people like you to continue to empower the women and girls of our communities.

Yes! I would like to donate!

Send donations to:

STEPS, Inc.
PO Box 1907
Groton, CT 06340

Or donate online at:

[STEPS - JustGive.org](https://www.justgive.org/STEPS)

Thank you so much for any contribution!

STEPS, Inc.
PO Box 1907
Groton, CT 06340

info@stepsCT.org

www.stepsCt.org