December 1, 2016

Dear Friends of LiveGirl,

LiveGirl has shown me how vulnerable middle school girls are as they face adolescent pressures amplified by social media in today's world. Our data shows that we are making an impact in empowering and preparing girls to be resilient, brave, and emotionally intelligent leaders. There is a clear need for our programs. To date, we have reached 200 girls in Fairfield County.

How We're Different

LiveGirl's year-round leadership development model provides the following benefits:

- Small group mentoring & access to positive female role models.
- Leadership development designed to boost self-esteem & confidence.
- Positive social-emotional development & a broader connection to community through diverse friendships and role models.

Board of Directors

Sheri West
Executive Director

Meg Domino, PhD

Laura Magnotta

Jeanne Peloso, PhD

Brian West

Who We Serve

LiveGirl provides free-of-charge programs through public schools & Boys & Girls Clubs:

- 31% New Canaan | 30% Bridgeport Area | 24% Stamford | 10% Norwalk | 5% Other
- 45% White | 30% Black or African American | 17% Latino or Hispanic American | 8% Other

Testimonials

98% indicate they will return and recommend LiveGirl to their friends.

"Being a LiveGirl has taught me to try new things, be more open-minded, advocate for myself and others, and how to be a leader. I've learned more about myself and I've met some awesome girls in this program. The amazing speakers and role models have taught me important life lessons, from staying fit/ healthy to loving myself and having self-esteem. I love being a LiveGirl and can't wait for camp next summer." - *Ameera, 13, Bridgeport*

We are on a mission to be a positive force in girl culture. As we grow to meet the needs of every girl in Fairfield County, now is an especially important time to support our mission. Our school year programs are free-of-charge and camp scholarships are available due to the generous contributions from friends and community leaders like YOU. Please support our annual giving campaign. Every dollar goes directly toward funding LiveGirl programs in Fairfield County.

In gratitude,

Sheri West, Founder & Executive Director

Connect with Us

P.O. Box 111
New Canaan, CT 06840

LiveGirl@optimum.net

www.goLiveGirl.com

@goLiveGirl

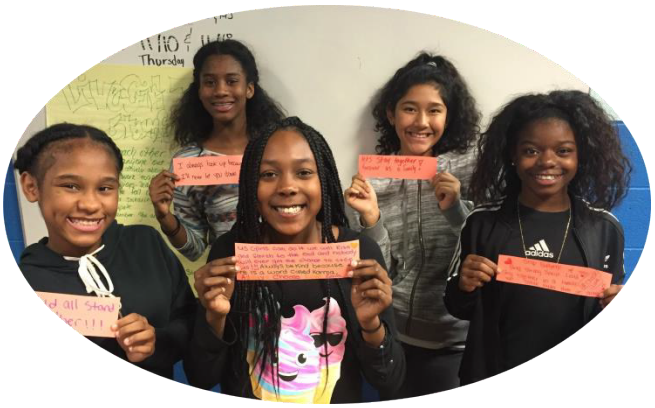
2016 HIGHLIGHTS

LiveGirlTalk

Weekly after school mentoring/discussion group

Spring (**62**) Fall (**100**) - completed 10 week series

Discussion Topics:
Social & self-awareness (perspective, stereotypes, self-esteem)
Relationship skills, responsible decision-making & social media
Self-care (body image, health & wellness, stress & resilience)



Camp LiveGirl

A summer day camp including leadership, multi-sports, musical theatre, and more

100 girls - **57** received full scholarship & **5** partial

Keynote Speakers:
Lauren Oliver (*NY Times* bestselling author)
Heidi Sandreuter (Spencer Stuart)
Wendy Sloane (TV/radio host)
Lori Tauber Marcus (Peloton Cycle)

Explore Fair featured 25+ diverse career mentors including STEM & coding

Featuring "*Leaders In Action"* curriculum & collaborations with New Canaan CARES, NCHS varsity coaches, and Summer Theatre of New Canaan

Leadership Series

Monthly leadership & team-building

Bringing girls together and fostering diverse connections across Fairfield County

Spring (**60**), Fall (**85**) – completed 3 month series

Mentors Included:
Vivianne Birdsall (STEM)
Lauren Oliver (*NY Times* bestselling author)
Lytasha Blackwell (She's A B.O.S.S.)
Suzanne Frischkorn (poet/author)
Barbara Singer (ESPN)
Anna Ritchie (Pepperidge Farms)

Introducing Mother/Daughter Workshops in 2017!