

Helping Girls Navigate Adolescence, Inc. (HGNA)

P.O. Box 504, Downers Grove, IL 60515

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Here We Grow: Our Vision for the Future

Mission statement:

Helping Girls Navigate Adolescence, Inc. (HGNA) is a non-profit organization devoted to providing girls and their parents with the tools needed to navigate adolescence with confidence, resilience, and kindness. HGNA is a leading provider of educational and skill-building programs, events and resources offered in collaboration with our schools and communities.

Our History 2005-2015:

HGNA is a non-profit volunteer-organization that was created and launched right here in Downers Grove 10 years ago by a District 58 School Board member and a school counselor. HGNA was not fashioned after any existing model, but rather after the desire to serve the girls and parents in our community. The original goal of the organization was to address what was then a relatively obscure topic – girl bullying and relational aggression among girls. Out of that grew an organization that now serves 710 youth (the majority of which are pre-teen girls) and 475 adults each year through our programs and events that are designed to educate and empower girls and their parents.

Among these offerings are all-day workshops for 4th, 5th and 6th grade girls that address self-acceptance and relationship skills and a half-day program for girls transitioning into middle school that addresses the skills girls need in order to handle social pressures and academic and relational stress, and a Saturday night yoga club aimed at providing healthy relaxation for 7th and 8th graders. For parents, we research and facilitate presentations by nationally-recognized speakers, documentaries and workshops, and offer a unique group called HGNA Dads which identifies and cultivates the importance of the dad/daughter relationship.

By request from other communities, we are expanding the reach of our cornerstone program, *Chick Chat by HGNA*. We piloted the curriculum in Geneva, Illinois, where it has been offered with great success for the past three years. Another group in LaGrange, Illinois will launch its first *Chick Chat by HGNA* this spring.

After completing a strategic planning and goal-setting session this spring, HGNA is poised to continue to expand the reach of our programs locally and eventually nationally.

HGNA Staffing Structure

Currently, the HGNA Board of Directors consists of nine volunteer members including: President, Vice President, Directors of Development (2), Program Coordinator, Program Directors (2), Director of Marketing, Director of Volunteer Development, Chick Chat Liaison, Secretary, and Treasurer. There are five sub-committees of the Board: Fundraising and Development, Board Development/Volunteer Development, Marketing/Communications, Program Committee and the Ten-Year Celebration Task force. HGNA engages approximately six volunteer event co-chairs every year, as well as nearly 100 volunteers for its major events. Also, 25-30 professionals are recruited to facilitate workshops at these events annually. HGNA employs one part-time Administrative Assistant.

Current Fundraising Sources

60% - Non-Profit Charitable Donations and Grants

22% - Individual Donations

18% - Corporate Donations

(Revenue and expense summaries available upon request.)

Primary Fundraising Event

HGNA's primary fundraising event is its annual Pancake Breakfast. Revenue is generated by selling admission tickets, and raffle tickets for donated prizes. This year's October 24, 2015 event raised \$9,500 which will cover our upcoming program expenses.

Why we are Seeking Additional Funding

HGNA started as a small group and has expanded profoundly over the past decade. While we are proud of our accomplishments, it has always been our goal to create an HGNA Program Center where girls and parents could convene to learn and grow. Our vision is to acquire a rental space that would allow us to accomplish the following goals.

Program Space – We would like to make use of our large network of professionals who are ready to offer additional programming to girls and adults but are limited by our need to secure room rentals. Having program space would allow us to offer more frequent; and interactive programs in a smaller group setting, such as mentoring and leadership programs for girls, as well as book clubs and a program series for girls and parents.

Meeting Space – A dedicated meeting place would allow for more productive meetings for our Board and large volunteer staff as well as a professional setting for meetings with members of the community.

Office and Storage Space – HGNA hired its first part-time Administrative Assistant, who must carry out her duties from a home office. The HGNA Program Center would not only provide a home base for the organization and its staff, but would also provide space for our files, program folders and 50 bins of supplies, including almost 100 yoga mats and pancake breakfast supplies needed to feed 500 people annually. Storage space would also allow our volunteers universal access to supplies that are now distributed through members' basements and a place to compile and prepare program materials.

Our Fundraising Goal

One of our biggest challenges as an organization has been our limited funds. While the Downers Grove community has always kindly supported our work, we have been very efficient and have accomplished a lot in 10 years with very little.

After investing in a Strategic Planning and Goal Setting session this spring, we determined to focus on fundraising in 2015. We have set a created a capital campaign titled, "Here We Grow!" and have set the goal for our campaign at \$20,000. This would allow us to establish a solid home base and thus be able to pursue raising funds to expand our programming – which is where our primary focus and passions lie.

PROJECTED BUDGET FOR HGNA "HERE WE GROW CAMPAIGN!"

ITEM	DESCRIPTION	COST
RENT:		
HGNA Program Center	\$700 x 24 months	\$16,800
FOR THE OFFICE:		
Training Room Tables	60" x 24" -- \$250 each x 4	\$1000
Stackable Chairs	\$15 x 30 chairs	\$ 450
FOR THE GIRLS:		
Bean Bag Chairs	\$60 each x 15	\$ 900
FOR PROGRAMS:		
Mobile Lectern		\$ 250
FOR STORAGE:		
Shelving units for bins and program materials	3 units x \$200	\$ 600
TOTAL		\$20,000