

trending

@ Ophelia's Place



Verna Wise, Executive Director

LETTER FROM THE EXECUTIVE DIRECTOR

March 2016
Volume 2, Issue 1

“Helping Girls Make Healthy Life Choices”

The girls who come to Ophelia's Place remind me every day of the power of our mission. Watching their confidence and smiles grow affirms the importance of our work. Some girls come to Ophelia's Place instead of going home after school to an empty house. Some come to talk to a trusted adult and get a snack or a hot beverage, some come to join a leadership group, an anime club or to take a science class. But all come at a time in their life when they are considering their future and exploring their options.

The legacy of Ophelia's Place and of all of our supporters is threefold; smiles, resources and confidence. Ophelia's Place girls experience more smiles. They are welcomed, listened to and able to participate to the extent they are comfortable. And it shows on their faces! Ophelia's Place girls are encouraged to ask for help when they need it. They are given resources, asked to examine their strengths and encouraged to set goals. These tools make them better suited to deal with challenges. And maybe most important, Ophelia's Place girls are told that they have inside of themselves everything they need to be the person they would like to be – because they do!

Thank you for continuing to encourage and support Ophelia's Place, we couldn't do it without you! And if you haven't been by for a while, stop in. I'll put the tea on for you.

Verna

GIRLS RULE! 2016 Saturday, April 30 9am-3pm
FULL S.T.E.A.M AHEAD Churchill High School
1850 Bailey Hill Rd., Eugene, OR

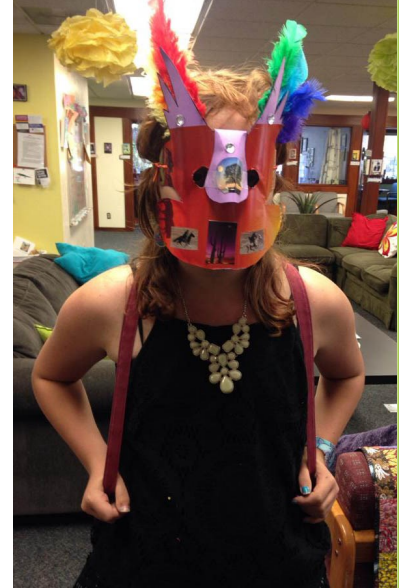
Register at www.opheliasplace.net

The theme of this year's event, “Full S.T.E.A.M. Ahead”, will focus on science, technology, engineering, art and math (STEAM) subjects, while continuing to provide engaging, hands-on workshops to youth and adults.

The event aims to strengthen relationships between girls ages 9-14 and a caring adult and provide fun, educational, intergenerational and interactive activities that expose girls to STEAM concepts in a safe and trusting environment.

OP is thrilled to introduce two incredible keynote speakers to Girls Rule! 2016: Kimberly Yeung, 8, and Rebecca Yeung, 10. In September 2015, these sisters from Seattle, WA successfully engineered their own spacecraft, launched it to the edge of space using a weather balloon, and recorded the entire event with a camera they attached to their craft!

We are excited for you to go “Full S.T.E.A.M. Ahead” with us to usher in the next generation of Girls Rule! and empower girls to pursue interests in science, technology, engineering, art and math.



INSIDE THIS ISSUE

OP Girl Spotlight

School Spotlight

Activism

Donors in 2015

Ways to Stay in Touch

UPCOMING EVENTS

April 30 - Girls Rule!2016

May 21 - Trivia Night at Ninkasi

July 14 - Pints for a Cause

October 12 - Gems dinner auction



ACTIVISIM SPOTLIGHT

The Women's Advisory Council for Youth (WACY) of Ophelia's Place directed an outstanding performance at *Rising in the Rain* on Sunday, February 14th, 2016.

Rising in the Rain featured an original production titled, "The Training Bra Monologues", which included original and published spoken word and song from WACY members and other female youth in the Eugene community. The performances focused on girl-centered, coming of age topics that were powerful reminders of what it is like growing up as a girl.

This free event was one of hundreds worldwide promoting One Billion Rising, a global campaign to end sexual violence against women and girls. Ophelia's Place was packed with community members in support! One lucky audience member won a raffle prize that included gift cards donated by local retailers and restaurants, including Sizzle Pie, Harlequin Beads, Sweet Life Patisserie, Yogurt Xtreme and Cornucopia. Raffle ticket sales raised \$233, with all proceeds benefitting Sexual Assault Support Services (SASS).

WACY plans to host another One Billion Rising event in 2017. Check our website for updates!

WACY is a girl-led, girl-directed leadership group within Ophelia's Place that provides insight to OP staff about girl-related issues and advocates for girls in the community. WACY meetings are every Wednesday from 4:00-5:00pm at Ophelia's Place. This is a great opportunity for girls to get some leadership and volunteer experience, while getting more involved in the community. Girls ages 12-18 are encouraged to join!



Sienna singing "Landslide" at the event

OP GIRL SPOTLIGHT

Tawny, age 16, 10th grade

Describe your experience at Ophelia's Place:

My experience at Ophelia's Place is the best. I love it so much. The interns are amazing. Every-one at Ophelia's Place is so kind. One of my favorite experiences at Ophelia's Place was helping at the Decision Education Foundation ChallengeQuest camp during the summer of 2015.



How did you hear about OP?

I heard about Ophelia's Place when I was 10. I believe that I found out about Ophelia's Place from just living in the Eugene area and going to school. At school Ophelia's Place people came into the classrooms some-times.

What do you like to do at OP?

I really like to go to the dance classes and helping out in camps. I like everything at OP!

How has OP impacted you?

Ophelia's Place has impacted me to take leadership skills, to ask for help (like in school), and volunteering in the community.

SCHOOL SPOTLIGHT

My name is Casey Tiemann and I am a school counselor in Eugene School District 4J. Ophelia's Place has been an enormous asset to my school's counseling program for the past three years. We have taken advantage of OP's on-site facilitation of Girls' Empowerment Groups, as well as their classroom presentations covering a range of social and emotional health topics. These topics are spot-on in their relevancy to the challenges I see middle schoolers facing every day. Presentations are exceptionally well conceived, structured, and delivered. Ophelia's Place presentations are critical to our school being able to deliver instruction that address the aspects of health, safety, and vitality. I have seen students join in conversations about their health and safety that they would not otherwise engage, and have had overwhelming support and appreciation from parents that their kids are gaining important knowledge. Every student in my school benefits from the presentations Ophelia's Place provides.

Casey Tiemann
Eugene School District 4J
School Counselor, Roosevelt Middle School

THANK YOU TO ALL OF OUR GENEROUS DONORS WHO MADE 2015 A SUCCESS!

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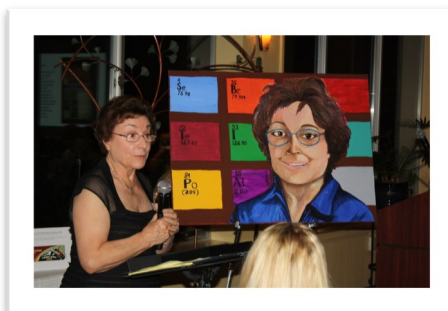
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AND 156 OTHER SUPPORTERS WHO GAVE UP TO \$500 TO SUPPORT THE GIRLS AT OPHELIA'S PLACE



Rosaria Haugland, founder of Ophelia's Place, addresses the crowd at Gems 2015. Portrait was painted by OP girls.

Thank you for your generosity!

OPHELIA'S PLACE STAFF

River Aaland
Outreach Coordinator

Dawn Branham
Office and Facilities Manager

Sarah Cheesman
Development Director

Parisa Emam
Therapist

Kyra Kelly
School Program Coordinator

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Laura Sanchez
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www.opheliasplace.net

Our Mission:

Ophelia's Place is a prevention based organization dedicated to helping girls make healthy life choices through empowerment, education and support.

Our Vision:

All girls are safe, valued and empowered.

Address service requested



Wish List

Healthy snack items

Trail mix, dried fruit, nuts, microwave popcorn, crackers, pretzels, apple cider and/or hot cocoa mix, peanut butter, salami, sandwich meats, chocolate covered raisins, graham crackers, string cheese, etc., Costco gift cards .

Office supplies

Copy paper (white multi-purpose copy paper, glossy copy paper and pastel color copy paper), pens, pencils, 3-ring binders (white, 1", clear pocket front), dry erase markers, Sharpie markers, clipboards, gift cards to Staples, Office Depot, etc.

Art supplies

Paint, brushes, colored pencils, drawing pads, fabric, hot glue gun and glue, stamps, stickers, scrapbooking supplies, air-dry clay, etc.

Amazon Smile: Designate Ophelia's Place as your charitable organization.

Fred Meyer: Designate Ophelia's Place as your charitable organization.

DID YOU KNOW?

We had a critter in our midst: Georgie, the South American Coatimundi, visited OP girls in January!

Ophelia's Place is a little bit classic, a little bit rock 'n' roll. Girls experienced a chamber music performance with Amici and rocked out with Grrrlz Rock in the same week!

OP girls know how make important decisions. The Decision Education Foundation taught girls about the decision-making process with an exciting workshop about screen acting and filming!

Our girls made national news when the Girls' Technology Empowerment & Confidence (G-TEC) Club offered a unique opportunity for girls to learn computer programming!

WAYS TO STAY IN TOUCH!

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www.opheliasplace.net/subscribe



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