



LETTER FROM THE EXECUTIVE DIRECTOR

March 2020
Volume 6, Issue 1

2020 is set to be an important year full of growth and opportunities for Ophelia's Place. We're happy to announce that one of those opportunities is the creation of Ophelia's Place Traveling Teams – a project we are piloting in Oakridge and Cottage Grove this spring.

The concept: two Ophelia's Place staff members will travel to each community one day a week to reach more girls and youth with:

1. Ophelia's Place School Partnership programming, including Girls Empowerment Groups and Classroom Presentations to all students about topics like bullying prevention and making informed digital decisions.
2. After School Drop-In at the school site for girls to have a safe space to relax, have a snack, do homework, chat with other girls, and make the space their own.

Schools in smaller communities have fewer resources than schools in more-populated communities. So when Oakridge and Cottage Grove were asked to help us pilot our Traveling Team concept, they were ready.

"Ophelia's Place in Oakridge is the fulfillment of a dream for something spectacular for our kids," said Oakridge Superintendent Reta Doland. "It is a bridge to connect our kids with tools, information, and truth about their uniqueness, value, and impact on our community, our world, and each other. We are so excited to welcome Ophelia's Place to Oakridge."

All of this moving and expanding is exciting. Thanks to you and your support, Ophelia's Place will provide support to more girls in 2020, and set us on a path for future growth.



"Ophelia's Place in Oakridge is the fulfillment of a dream for something spectacular for our kids."

Reta Doland
Oakridge Superintendent



Spring is a great time to check in about where Ophelia's Place has been and where we're heading next.

THIS ISSUE

- 2020 Eugene Trivia Night
- Slime Time in Junction City
- Snow Much Fun
- The Price of Rice
- Drop-In Therapy Group
- Community Giving
- Thank You To Our Donors

UPCOMING EVENTS

- Digging in Their Heels
March 31
- Parent-Daughter GirlCon
June 27

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IT'S ALL FUN & GAMES: EUGENE TRIVIA NIGHT

Ready to test your trivia knowledge?

- A. What is the heaviest organ in the human body?
- B. In polo, what is a period of play called?
- C. Which band was Stuart Sutcliffe an early member of?

Fifteen teams tackled these questions and eight rounds more during the 6th annual Ophelia's Place Trivia Night in Eugene. The brilliant brains surpassed our fundraising goal by raising \$26,000 (while having a lot of fun) with the help of a matching gift from Alex and Amy Haugland.

Teams used "lifelines" and clues sponsored by McClure Associates, and answered rounds of questions sponsored by Summit Bank, Elevation Boulderling Gym, Northwest Community Credit Union, Jerry's Home Improvement Center, Roseburg Forest Products, and Grizzlies Brand.

Congrats to the winning team: Summit Bank!

Answers: A. The liver B. A chukka C. The Beatles



Summit Bank's team is the proud owner of this year's trophy and bragging rights as the 2020 Eugene Trivia Night winner. Fifteen teams had fun, tested their knowledge, and supported Ophelia's Place.

THE PRICE... OF... RICE!



A great big thank you to SELCO Community Credit Union for sharing financial wisdom with girls and their parents during the Price... of... Rice! workshop in Eugene. Keeping financial information safe is as important as knowing how to calculate compound interest. The SELCO team tackled both topics, plus more money know-how important for teens to learn (and for parents to receive a refresher).

GIRL SPOTLIGHT: Kahlan

Meet Kahlan. She's eleven and made her mom a gift box at Ophelia's Place in Junction City. "I love Craft of the Week," she said. "They're all so fun! I get to express myself through art." Self-expression is encouraged in all forms, whether artistic or in the every day. "OP is a great place for girls who want to come and not be judged for who we are!" she said. Kahlan is an OP Girl.

Girl Spotlight presented by



SNOW MUCH FUN



We don't know which came first – snowshoeing, or falling into the fluffy snow. Thanks to Northwest Youth Corps for taking Eugene girls up to Salt Creek Sno-Park for the day.

SLIME TIME in JUNCTION CITY

The Slime Workshop in Junction City helped us spot scientists in the making. Thank you to Thermo Fisher Scientific for the donated aprons, which makes our messy crafting so much easier.



DROP-IN THERAPY GROUP

Ophelia's Place is a safe space for girls and girl-identified youth to talk about the issues they're dealing with every day. While girls can chat with a therapist one-on-one, one alternative is Drop-In Therapy Support Group.

Middle and high school girls can share and learn from each other, and also receive skill-building support from Ophelia's Place therapists who facilitate the group using a strengths-based and relational approach. The group covers topics like anxiety, family roles, depression, and much more.

Girls can drop in for this FREE group at 4-5 p.m. on Mondays. Registration and regular attendance isn't required. (Middle school youth must have a signed parent consent form before their first attendance.) Check out the upcoming calendar of topics on OpheliasPlace.net.



2019 Donors

Thank you to all of our donors for supporting the girls at Ophelia's Place in 2019!

Your generosity helps girls grow into confident and successful young women.

INDIVIDUALS

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Rosaria Haugland
Donna Shepherd

Black Opal Level (\$10,000+)

Alex and Amy Haugland
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Red Beryl Level (\$5,000+)

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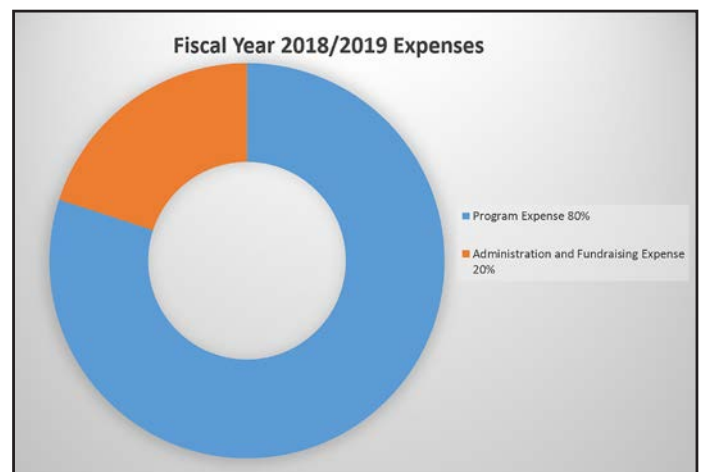
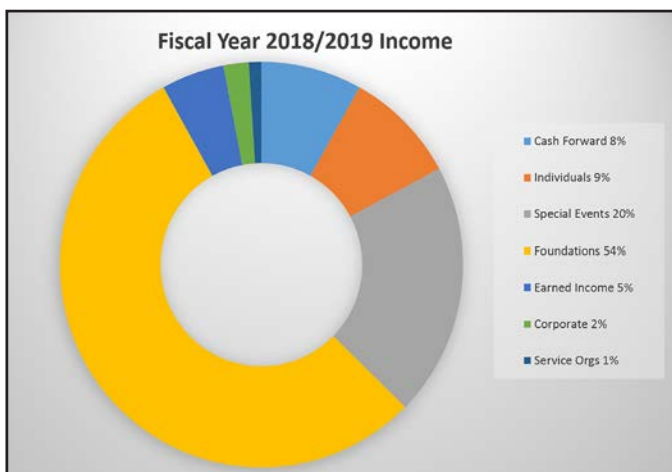
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FINANCIAL SPOTLIGHT



With the incredible help of all of our donors and supporters, Ophelia's Place generated more than \$1 million in revenue for the first time during the 2018-2019 fiscal year. This support allowed more girls throughout Lane and Linn counties to benefit from our After & Out-of-School Program, Therapy Services, and School Partnership services. It couldn't have been done without you. Thank you.

COMMUNITY KINDNESS MAKES IT HAPPEN

It's exciting to get an unexpected call from a family, a community group, or a business saying they're interested in holding a fundraiser for Ophelia's Place. They've either heard about the positive impacts Ophelia's Place is making in their community, or have seen it first hand in the programs we provide to girls.



Organizations like the Actors Cabaret of Eugene and the Oregon Contemporary Theatre promote Ophelia's Place and encourage donations at their performances. Businesses like Hayden Homes and Northwoods Property Management provide donations in the form of cash or supplies. And businesses like FitBox Gyms, Guaranty Chevrolet, Toby's Family Foods, and Umpqua Bank hold or partner with us on fundraisers.

Every donation makes real impacts on the services provided during after school drop-in, therapy services, or in-school empowerment groups and classroom presentations.



Whether it's a giant check from Hayden Homes, or a basket of art supplies delivered by the Northwoods Property Management sasquatch, community support is always exciting to receive. We're so grateful to our supporters.

Are you interested in creating a fundraiser benefitting Ophelia's Place? We'd love to help! Contact us at (541) 284-4333 ext. 107.

MEET ANGELA WILSON



Angela Wilson is the newest member of the Ophelia's Place Board of Directors. She is the chief executive officer at Eugene Gastroenterology Consultants and has worked with Children's Miracle Network and the American Cancer Society.

Angela was named a 2019 winner of Eugene's 20 Under 40, an award that recognizes individuals for their excellence in their careers, put a priority on community service, and want to make their community the best it can be.

She joined the Ophelia's Place Board in October.

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Se habla español

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.

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OPHELIA'S PLACE OPEN HOUSE

Digging in Their Heels

March 31 | 4 p.m.

Ophelia's Place in Eugene

Free - Donations Accepted

Celebrate Women's History Month and the 100th anniversary of the 19th amendment with award-winning storyteller Sally Perkins, who will share a fun and educational history of the Suffrage Movement on March 31 at 4 p.m. at Ophelia's Place in Eugene.

While you're here, take a tour of Ophelia's Place to check out our programs and see what's new. Light refreshments will be provided. Bring a friend! Thank you to the Shelton McMurphey Johnson House Museum for making this happen.



Sally Perkin's commitment in every performance is to pull the audience out of their daily march and into the world and adventures of someone else, real or fictional. Her 30+ years as an award-winning professor and storyteller helps her engage her audiences around the country.