



of Carpinteria

## **NEWS**

FOR IMMEDIATE RELEASE

### **Girls Inc. of Carpinteria Announces New Winter Enrichment Programs**

**CARPINTERIA, CA (January 14, 2020)** – Calling all girls! [Girls Inc. of Carpinteria](#) today announced the launch of four new winter enrichment programs. The programs, which are open to members and non-members of the organization, offer opportunities for local girls to participate in social change projects, learn about cooking and nutrition, practice basketball skills, and learn about women and girls' health as part of an all-girls summit:

**Basketball Skills Clinic:** Girls will train on an all-girls team, develop their skills and scrimmage local teams. All levels welcome.

- Mondays and Thursdays, 3:30-5:30pm
- January 13 – March 16
- For girls ages 11-14

**Teens Love Cooking:** A weekly after-school program held in partnership with the Food Bank of Santa Barbara that encourages girls to become competent, independent and kitchen-savvy, while building their knowledge of food, nutrition and food preparation techniques through an integrative nutrition and culinary concept. Teens will learn how to prepare and cook with a whole foods approach, understanding where their food comes from, and how to select the most nutritious foods in a country that has an over-abundance of processed and fast food.

- Tuesdays, 3:30-5:30pm
- 7 sessions, begins January 14
- For girls ages 11-14

**In Our Own Hands:** Girls will build leadership skills and create lasting social change through community action programs.

- Wednesdays, 4:00-6:00pm
- 9 sessions, begins January 22
- For girls ages 12-14

**Girls Health Summit:** A safe, girls-only environment where girls can learn about and discuss physical activity, body image, nutrition, stress management and sexual health.

- Saturday, March 7, 8am-3pm
- Free
- For girls ages 12-18

For more information or to register, please call (805) 684-6364 or visit [www.girlsinc-carp.org](http://www.girlsinc-carp.org).

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*Girls Inc. of Carpinteria is a member of Girls Incorporated®, a nonprofit organization that inspires all girls to be strong, smart, and bold. With local roots dating to 1864 and national status since 1945, Girls Inc. has responded to the changing needs of girls through research-based programs and public education efforts that empower girls to understand, value, and assert their rights. We provide programs for girls 6 to 18 years old that focus on science, math, and technology; health and sexuality; economic and financial literacy; sports skills; leadership and advocacy; and media literacy. To learn more, become a volunteer or offer support, please visit [www.girlsinc-carp.org](http://www.girlsinc-carp.org).*

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