

# **BOLD Solutions**

## **The GIRLS Project**

### **What is the GIRLS Project?**

The GIRLS Project is a program created to help support female youth and their families who have faced substance abuse, mental health challenges, and/or family conflict. We understand every youth and family face unique challenges and strive to meet each where they are. This program works to support and help equip female youth to navigate life challenges and better prepare them for their future.

### **What can Youth expect?**

- Youth will be encouraged to talk honestly about their situation.
- Youth are asked to participate during meetings with a Case Manager and practice new skills between meeting times.
- Youth are asked to look at their own behaviors and think about how those actions help.
- Youth may be asked to try different ways of dealing with solving problems.

### **How do BOLD Solutions Staff help?**

- Staff work with youth & families to help with their individual situations.
- We help Youth better understand and manage their emotions.
- We offer support for parents/guardians.
- Offer flexible meeting times for a duration of 3 months.
- Are available 24 hours a day.

Staff work with female youth and families to set up concrete goals based on individual circumstances. Case Managers advocate for youth and encourage them to have some fun in the process!

#### **Contact Us:**

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