



# **GIRLS IN ACTION SUMMIT**

# **RESOURCE**

# **GUIDE**

**Event sponsored by:**



**Capacity for Change**



**2120CREATIVE**

Helena Astolfi

Judi and Tim Bell

Commissioner Marian Moskowitz

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## OUR PARTNERS

### MOM'S HOUSE

[momshouse-phoenixville.org](http://momshouse-phoenixville.org)

Mom's House is a unique family support system of basic needs, including free childcare, for low-income single parents while they pursue full-time education and become independent members of society. Mom's House also works with clients to identify resources and assist them in other areas.



### DOMESTIC VIOLENCE CENTER OF CHESTER COUNTY

[dvcccpa.org](http://dvcccpa.org), @dvcccpa

Domestic Violence Center of Chester County provides intervention, education, outreach, advocacy, and programs to prevent and reduce domestic violence in Chester County.



# LEARN

## OUR PARTNERS

### CHESTER COUNTY OIC

[ccoic.org](http://ccoic.org)

Chester County Opportunities Industrialization Center is a non-profit community-based organization that meets the needs of economically disadvantaged individuals throughout the community.



### COMMUNITY VOLUNTEERS IN MEDICINE

[cvim.org](http://cvim.org), @communityvolunteersinmedicine

Community Volunteers in Medicine provides free coordinated healthcare to low-income individuals and families who have no other place to turn for care in the Chester County region. CVIM is committed to remaining the safety net provider for medical and dental care in our community.



VOLUNTEER



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## LOCAL ORGS

### **Coatesville Youth Initiative**

@coatesvilleyouthinitiative

### **Garage Community and Youth Center**

@garageyouthcenter

### **La Comunidad Hispana**

@lch.lacomunidadhispana

### **Mighty Writers**

@mightywriters

### **Crime Victims' Center of Chester County**

@crime\_victims\_center

### **Maternal and Child Health Consortium**

@maternalchildhealth

### **Chester County Food Bank**

@chestercountyfoodbank

SUPPORT



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## LOCAL TEEN ENTREPRENEURS

**ANNA WELSH**

**Little Bags Big Impact**

[Littlebagsbigimpact.com](http://Littlebagsbigimpact.com)

Anna makes handcrafted bags and purses from reclaimed fabrics. All proceeds go to meals and books for children.



**REECE TURNER**

**Reecies Soaps & Natural Products**

[ReeciesSoaps.com](http://ReeciesSoaps.com)

Started in 2017 when founder Reece Turner

suffered from eczema. She and her parents went on a quest to find all natural products, which led to Reece making her own soap. She decided she wanted to help others and share her newfound gift!



# SUPPORT

## LOCAL TEEN ENTREPRENEURS

### BESS AND SOPHIA NEIBLUM

#### Knot the Usual Knot

[knottheusualknot.etsy.com/](https://knottheusualknot.etsy.com/), @knottheusualknot

Sisters Bess and Sophia have been making bracelets ever since they were kids. In 2016, they ran a booth at their local craft fair, which led to their Etsy shop KnotTheUsualKnot. The sisters sell waterproof, adjustable cord bracelets in many different styles.



### ANNA NEIBLUM

#### @TightlyWound\_ on Instagram

A college art student, Anna makes wire jewelry. She sells earrings, rings, necklaces, wall hangings and more on her Instagram page, @tightlywound\_.



### DESTINY DENIZ

#### XO Dest Design

[Xodestdesign.com](https://xodestdesign.com)

Destiny creates custom designed and painted shoes, denim jackets, home décor, and more.



APPLAUD



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## GIRLS GIVING BACK IN COVID-19

### BECKY SCHWARTZ

**GirlGov member**

"I came up with an outreach program at my synagogue. We've got lots of dedicated volunteers calling all the members of our synagogue to see who needs help getting groceries, using Zoom, or even just someone to talk to during these unprecedented times. It's been very rewarding to stay involved in this community even if we can't leave our houses."



### MONICA DOLAN

**GAB member**

"Throughout this time, my family and I have been cutting t-shirts to be made into masks for hospitals. Many friends have donated old shirts for us to cut!"





## SELF-CARE



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## MENTAL HEALTH



- Take breaks from watching, reading, or listening to news stories, including social media
- Remember to take deep breaths, stretch, or meditate
- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Make time to unwind - discover activities you enjoy
- Connect with friends and family members you trust about how you're feeling
- Visit the Disaster Distress Hotline at [samhsa.gov/disaster-preparedness](https://samhsa.gov/disaster-preparedness), call 1-800-985-5990, or text TalkWithUs to 66746



## SELF-CARE



## QUARANTINE VIBES

Check out some of the common activities Summit attendees have been turning to in quarantine. Perhaps these will inspire you!

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BE INSPIRED



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## SOCIAL MEDIA



@**womenundertheinfluence**: celebrating women-directed films not well recognized

@**RupiKaur**: poet, feminist, artist, and more. Empowering poems and art

@**UNWomen**: gender equality and women empowerment, current events and empowering quotes

@**GirlGaze**: photography and films created by Gen Z women focused on underrepresented women

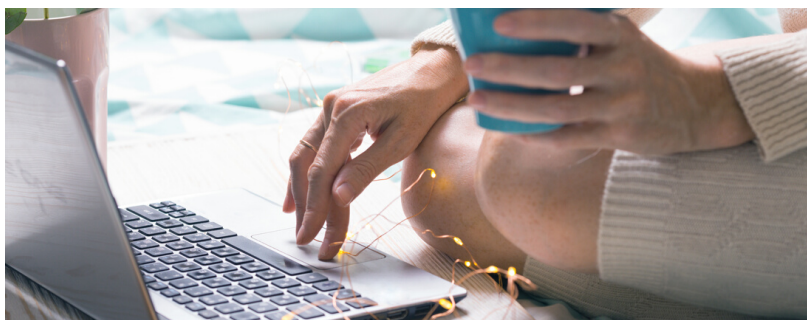
@**FemaleCollective**: self-love and inclusive quotes to lift you up and remind you to love yourself

BE INSPIRED



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## BLOGS/WEBSITES



[awesomelyluvvie.com](http://awesomelyluvvie.com)

[espnW.com](http://espnW.com)

[about-face.org](http://about-face.org)

[girlshealth.gov](http://girlshealth.gov)

[youngwomenshealth.org](http://youngwomenshealth.org)

[theskimm.com](http://theskimm.com)

[leanin.org](http://leanin.org)

[huffingtonpost.com/section/women](http://huffingtonpost.com/section/women)

[amysmartgirls.com](http://amysmartgirls.com)

[makers.com](http://makers.com)

**Lists are a compilation of suggestions from our speakers and partners. Inclusion does not mean CCFWG endorses them.**

JAM OUT



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## SUMMIT PLAYLIST



We collected all the songs our Summit attendees like to jam out to and created a playlist for your listening pleasure!

[Click to listen to the playlist on Spotify.](#)

CONNECT



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## FOLLOW CCFWG



We hope you will all stay connected with us on social media! You can follow us on Instagram, Facebook or Twitter at the handle @ccwomenandgirls.



Visit [ccwomenandgirls.org/girls-programming/](https://ccwomenandgirls.org/girls-programming/) to apply for the 2020-2021 year of our Girls Advisory Board and GirlGov Chester County programs!