



# THE CHRYSALIS PROGRAM

## Youth Mentoring Organization

Fostering growth and transformation through encouraging self love, integrity and compassion to inspire success.

4700 South Lake Park  
Ave, Suite 1703

708-983-8458

[www.chrysalisforgirls.org](http://www.chrysalisforgirls.org)

## OVERVIEW

**The Chrysalis Program** is a youth mentoring organization that seeks to reduce or eliminate the effects of childhood trauma for low income girls on Chicago's South Side. We create safe spaces for girls to heal, learn and grow by offering Wellness Workshops, Group counseling, Life Skill Classes, Creative Arts lessons, Parent Classes, Enrichment Field trips, Mentorship and Community events.

The Chrysalis Program is unique because it takes a holistic approach to encouraging girls to empower themselves by teaching both life skills and coping skills that gradually improve the quality of life for participants and their families.

## REQUEST

The Chrysalis Program seeks funding to offset program costs, serve 50 new families and hire salaried staff.

Through grants, sponsorships, monthly donors, and fundraising events we look to raise \$100,000 for the 2022 fiscal year. We are inviting you to become a partner with Chrysalis to help us move our mission forward.

We seek to build a more sustainable program and to impact more families. Hiring staff who can help coordinate our program as it continues to grow beyond the capacity volunteers are equipped to manage in their spare time is the next step to realizing our mission on a larger scale.

## PROGRAMS

- **Saturday Workshops** consist of Life Skills, and Wellness Workshops, and Creative Arts Classes. We begin sessions with breakfast and a STEM Activity. Students and parents recite affirmations and disperse into their classes. Parent classes take place while students are in their workshops.
- **Group Counseling** allows students to unpack emotional baggage from home and school and anything else they need to discuss. Our Counseling team is made up of an LCSW who oversees graduate students who are studying Counseling and Social Work as they guide the conversation with students.
- **Field Trips & Community Events** allow our students to explore locations outside of their neighborhoods and have unique enrichment experiences they may not otherwise have.

## HISTORY

The Chrysalis Program was founded in 2016 and received 501c3 Status September 26, 2017. The Chrysalis Program was created as a safe place to learn the skill of self-confidence in a fun interactive and safe environment. We soon found that the community needed more than a confidence boost. Issues such as: pediatric asthma and diabetes, violence in the home and in our communities, and childhood trauma needed to be addressed in a comprehensive manner. Our students needed to leave our program not only with better confidence, improved behavior, and higher academic achievements, but with healthier minds and a long-lasting positive lifestyle.