

## JOIN OUR NETWORK BECOME A VOLUNTEER

MDK of Tampa Bay, Inc. realizes that volunteers are the backbone of any successful organization. We invite you to consider joining our team and supporting our mission.

Some volunteer opportunities include:

- ♥ Providing administrative support
- ♥ Helping with special events
- ♥ Facilitating programs
- ♥ Become a mentor
- ♥ Assisting with programs
- ♥ Be a quest speaker
- ♥ Promote Straight Talk Newsletter



*Unless someone like you cares a whole awful  
lot, nothing is going to get better.  
It's not.  
~Dr. Seuss~*



## HELP US MAKE A DIFFERENCE

Help us empower young girls to become strong women. With your help and financial support, we can make a positive impact in the lives of mothers/caregivers and daughters throughout the Tampa Bay area. How can you help?

- ♥ Make an individual donation
- ♥ Become a corporate sponsor for our programs and events
- ♥ Support our fundraising initiatives
- ♥ In-Kind services are welcome

Thank you in advance for your support.

## PROGRAM LOCATION

**Sanderlin Neighborhood Family Center**  
2335 22<sup>nd</sup> Ave South  
St. Petersburg, Florida

Girls of Essence – Tier I (Ages 13 – 18)  
Thursdays 5:30 p.m. – 7:30 p.m.

Girls of Essence – Tier II (Ages 10 – 12)  
2<sup>nd</sup> Saturday 10:00am – 12:30pm

For more information about  
My Daughter's Keeper of Tampa Bay, Inc. visit  
our website at [www.mdkttampabay.org](http://www.mdkttampabay.org)

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***“Bridging the Gap -  
Strengthening the Bond”***

## ABOUT US

My Daughter's Keeper of Tampa Bay, Inc. (MDK) is a 501(c)3 educational and self-development non-for-profit organization launched in 2007 to provide year round support, assistance and mentorship to young girls ages (13-18) and their caregivers. MDK's programs are designed to address the gender specific issues, increase social awareness and promote positive change among important issues that young girls encounter during their adolescence, tween and teen years. MDK is proud to announce that we are currently serving girl's ages 10-12 year old.

As a new addition to MDK's programs, Donna has been given the vision to launch "Tampa Bay's Fifty plus Inspiring Female Mentoring-Coach initiative". The 50 Plus Inspiring Female Mentoring-Coach initiatives is created to connect and partner fifty or more caring women from the Tampa Bay area with teen girl's through mentorship, coaching and networking.

The Inspiring Female Mentors will comprise of a diversified group of women who are thriving in their professional, personal, and spiritual lives and are graciously willing to engage and develop a model for success for young girls and ladies in their communities.

### OUR PURPOSE

To Inspire, empower and support young girls and ladies in their transition of life from one stage to another. Our overall goal is to provide opportunities for the young ladies and prepare them physically, socially, emotionally, intellectually, and culturally-for their journey to womanhood, with confidence, courage and skills.

### OUR MISSION

To create a healthy and supportive environment that empowers and inspires young girls and ladies (ages 10-18) in developing the skills needed to accomplish their life dreams and goals, while encouraging and embracing the full participation of mothers and caregivers in the empowerment of their daughters.

### OUR VISION

We envision a community in which every young lady can experience a nurturing relationship through mentorship and a strong community support, which in turn allows each of them to develop their full potential—making informed and responsible decisions.

## MENTORING MODELS

***Real Talk Support Group for Teen Girls'*** is a weekly group session that serves as a communication tool for teen girls to discuss pertinent topics that affect them on a daily basis such as: friendship, dating, parental challenges etc. Guest speakers are also invited to share their expertise in aiding the young ladies in identify realistic and achievable approaches to dealing with various issues.

***Girls of Essence Program – Tier I*** purpose is to engage middle and high school age young ladies in a self-empowerment and enrichment program that focuses on six essential areas of development, self-image/character, health/wellness, education/career, community/leadership, healthy relationships, and spiritual enrichment. The program is designed to promote friendship, sisterhood, and unity in an educational and social environment. Our goal is for every young lady to discover her own highest potential of achievement, while building lifelong relationships.



***Girls of Essence Program - Tier II*** is a self-development program for elementary age girls ages (10-12) years old. The primary focus is to provide fundamental life skills, character building, and social etiquette in a nurturing and interactive environment. Meeting is held the 2<sup>nd</sup> Saturday of each month.



***Beautiful Is Me Project*** is designed to provide a platform for the young girls and ladies to positively transform how they perceive themselves and their place in society. This project celebrates the beauty of becoming a young lady and promotes positive self-esteem building through educating girls and young ladies about health and beauty, media, goal setting, career preparation, social and business etiquette.

***My Sister & Me*** is a program designed to provide early intervention services through peer to peer mentorship to middle school aged girl to ensure will success in high school, post secondary choices, and social experiences by helping them develop a positive self esteem, strong values, self motivation and avoid at-risk activities. This program is a youth led initiative.

## ADDITIONAL PROGRAMS TO BE OFFERED

***Caregivers Connection®*** is a monthly networking and support group for mothers and/or caregivers raising adolescent and teenage daughters. Mothers and/or caregivers come together and address issues and challenges they encounter with raising their daughters in a supportive, non-judgmental and interactive environment.

***Teen Moms Support Group*** is a place for teen mom's to gather once a month to provide social support and emotional support to one another and to be inspired to rise above life's unpredicted circumstances.



support through mentoring

"A mentor is someone who allows you to see the hope inside yourself. A mentor is someone who allows you to know that no matter how dark the night, in the morning joy will come. A mentor is someone who allows you to see the higher part of yourself when sometimes it becomes hidden to your own view."

~Oprah Winfrey~