

*Why should I  
be interested?*

Want to meet new people and  
make some new friends?

Want to learn new skills and  
gain new interests?

Does your self-esteem need a boost?

Do you want to create your own life goals  
and learn how to achieve them?

Want to get involved in your community,  
but don't know how?

Want to gain confidence?

Would you like to have  
a safe environment to  
share your feelings and opinions?



If you answered  
*Yes*  
to any of these questions,  
*Project Kealahou*  
can help.  
Contact us today!

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[www.projectkealahou.org](http://www.projectkealahou.org)  
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**A Girl's Guide to  
Project Kealahou**

# How can Project Kealahou help me?



Project Kealahou provides services for O`ahu girls ages 11-18 who have been through some difficult times, and want to learn new skills, find positive support and create a better life.

Girls in our program can receive a variety of services that they choose for themselves, including:

- *Support and Mentoring*

Individualized support provided to every girl in order to set goals, learn to accomplish them, and grow as a person — with positive encouragement along the way.

- *Group Activities*

Girls have the opportunity to attend fun, meaningful group activities with other girls in the program. Activities include physical fitness, community service and cultural practices that connect you back to yourself, your family, your community and your culture.

- *Girls Circle*

Girls Circle is a support group for girls organized by Project Kealahou. It increases self-esteem, provides an opportunity to build positive relationships with other girls, and learn self-expression through sharing and creative activities like drama/acting, writing, movement and art.

Themes are introduced that relate to our lives as girls, such as trusting ourselves, friendships, goal-setting and decision-making.