 “she believed she could so she did”

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Dear Friend,

As you are aware, the pandemic has been hard on everyone. Loved ones died, breadwinners lost their jobs, families lost their homes. Just about everyone has struggled in one form or another. But according to [Verywellmind.com](https://www.verywellmind.com/pandemic-worsened-mental-health-of-teen-girls-5188933), *"While the stress and isolation of the pandemic has spared no one, it has had a disproportionate detrimental impact on the mental health of teen girls, a new study published in The Lancet Psychiatry has found."*

In addition to the stress the pandemic has had on teen girls, there are other struggles weighing on their minds. Did you know:

Suicide is the 3rd leading cause of death for ages 10-24?

1 in 5 students ages 12-18 face bullying nationwide?

1 in 5 girls is a victim of sexual abuse?

Teenage girls are struggling and they need our help. They need a safe place where they can share their fears and concerns. They need encouragement and support as they discover who they are. They need to know they are beautiful and uniquely made by God. Helping teenage girls realize their uniqueness is at the core of our Show Your Hearts Conference.

Psalm 139:14 says "I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." Many young girls don’t realize just how special they are in God’s eyes and we want to help change that.

The [Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/healthy-body-image/art-20044668) says, "*Teenagers often face significant pressure to meet strict, unrealistic and harmful ideals around beauty and body build, weight, and shape. The quest for a "perfect" body or appearance can take a heavy toll on a teenager's confidence and physical and mental health.*”

To address some of the issues teens face today, Women of Noble Character is hosting a 3-day conference titled “Show Your Hearts Not Your Body Parts”.

The first day’s focus is on such things as “What God Says About You,” “Self-esteem,” “Purity” and “Abuse/Sex Trafficking”. The second day’s focus is on “Proper Manners/Etiquette”, “Financial Literacy” and “Job Interviewing Skills and Dress”. The third day is devoted to the girls receiving free makeovers, including hair and dress, followed by a formal banquet that includes a promise ring ceremony.

Girls attending the conferences come from various backgrounds. Some have dealt with drug abuse, homelessness, physical abuse, sexual abuse and self-abuse. Many lack the support and proper role models to assist them in becoming strong, confident young women.

In an effort to continue our support past the 3-day conference, we created The Nice Girlz Club as a way for us to stay connected and to offer the alumni an opportunity to utilize what they’ve learned and foster healthy relationships. By hosting monthly meetings called Sister Circles, The Nice Girlz Club has become a safe place for any girl to come for love, support, encouragement and prayer.

To make sure every girl who wants to attend a conference can, there is no charge to the attendee. Thanks to the generous support from donors like you, a girl can escape from her everyday problems, learn important life skills and feel cared for and supported by our staff.

When you financially support our conference, you are supporting not only the conference itself but you are investing in the lives of these young ladies. Through The Nice Girlz Club, they can participate in our activities for years, if they desire. Can you imagine the difference that can make to a teenage girl, knowing she has a safe place to go where she is loved, accepted and encouraged? For *years*?

To make a difference in a young lady’s life:

$25 will help provide meals/snacks for the conference

$50 will help cover the myriad costs associated with the conference

$300 will cover the entire cost for one participant to attend the conference

$1,000 will cover the banquet and promise ring ceremony

You can make your donation online at [www.womenofnoblecharacter.org](http://www.womenofnoblecharacter.org) or mail it to our address above. All donations will go directly to the conference and any related activities. Your donation is tax deductible and greatly appreciated.

Our next conference is scheduled for August 13th, 20th and 27th, 2022. If you know of a young lady who would benefit from our conference or if you have any questions, please call Sandy at 760-684-0628.

Sincerely,

Rasiene Reece, Founder/CEO

**P.S. Remember…………………..it takes a village. Donate today!** 