

A Message from the President

Dear Friends,

While watching the Olympics, I couldn't help but think about the lives of the athletes leading up to such a big event. Olympic training takes an incredible amount of drive, determination and sacrifice. Success doesn't happen overnight and often there are heartbreaking pitfalls along the road.

In some ways that correlates to starting a non-profit organization. Typically, a small group of people have a long-range vision for change. Although highly motivated, it usually isn't long before obstacles appear—too few volunteers, fundraising difficulties and organizational disarray (to name a few) threaten to stall their success.

While HGNA has not been immune to the challenges that plague fledgling non-profits, we look back over our first three years with great pride. Our programs for girls and their adult caregivers continue to grow at a steady pace. The third annual Chick Chat hosted 175 girls and our Girls Circle program was expanded. Exciting new programs will be added in the upcoming months, including a variety of workshops for Girl Scout troops and a middle school program for seventh graders.

HGNA's "coaches"—our Board of Directors and Advisory Board—are stronger than ever with the addition of dynamic new members this year. Our boards continue to be an amazing group of committed, caring people with drive and determination.

Our success also relies upon the continued generous support of our "sponsors" in the community. In the Olympic spirit, we move forward together as a team driven to improve the lives of the young women (and men) of this community.

Building tomorrow's leaders is not only more important than ever—it's golden.

With gratitude,



Highlights of Our Year

The past year saw continued growth in established programs and the addition of several exciting new initiatives.

- * Our third annual Chick Chat utilized an entirely new curriculum and a Parent Workshop held in conjunction with the event drew a capacity crowd.
- * In conjunction with the Downers Grove Park District, HGNA sponsored Girls Circle sessions for fourth-, fifth- and sixth-grade girls in the winter and spring. Two more sessions are underway this fall.
- * President Mary Ellen Young presented a "Helping Girls Navigate Adolescence" workshop at two Parent University events.
- * Chick Chat presenter Raechel Pfothenauer presented an interactive workshop, "Building a Solid Mother/Daughter Relationship" for Clarendon Hills parents this spring.
- * HGNA co-sponsored a parent education seminar, "Negotiating the Chaotic World of Your Adolescent" at Herrick Middle School last fall.
- * We began work on a redesign for www.hgna.org that will enhance the site's look and content.
- * HGNA served more than 500 patrons at its second annual Pancake Breakfast fundraiser, held in conjunction with the Rotary Club's Halloween window-painting event in downtown Downers Grove.

Board of Directors

Mary Ellen Young, *president*
Cathy Fisher, *vice president*
Gail Coultrap, *secretary*
Sandy DiGiulio, *treasurer*
Greg Bedalov, *director*
Elaine Cook, *director*
Debbie Drews, *director*
Sandra McDonnell, *director*
Lisa Mondale, EdD, *director*
Anne Forde Murray, *director*
Cheryl O'Sullivan, *director*
Paula Thomas, *director*
Megan Zelinger, *director*

Advisory Board

Cathleen Ayuste, MD, *pediatrician*
Julie Ekman, LCSW, *Herrick Middle School*
Sarah Evans, *Elgin Community College*
Karen Farrell, PsyD, *psychologist*
Marion Heintz, *Downers Grove Police Department*
Joe Leo, CPA, *Scanlon & Leo, Ltd.*
Allison Martin, *graduate student in counseling*
Christine Myles, *American Association of University Women*
Kelly Novotny, *Downers Grove Park District*
Heidi Podjasek, *elementary school principal*
Darlene Ruscitti, EdD, *Regional Superintendent of Education*
Marilyn Schnell, *Downers Grove Village Commissioner*
Liz Skrodzki, *Downers Grove Township*
Damienne Souter, *Midwestern University*
Karen A. White, *Burke & White*



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www.hgna.org

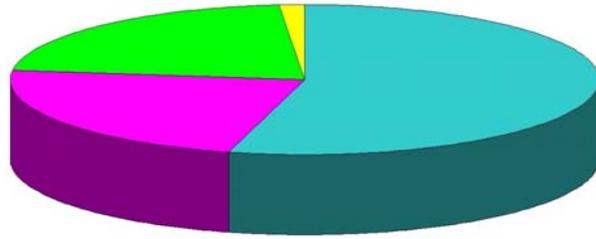
HGNA is a 501 (c) (3) not-for-profit corporation



HGNA 2008 Annual Report

Helping Girls Navigate Adolescence, Inc.
Incorporated September 2005

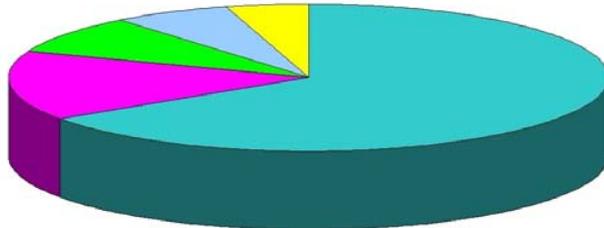
Income July 1, 2007– June 30, 2008



- Donations \$6,121
- Pancake Breakfast 2,566
- Chick Chat \$2,480
- Girls Circle \$154

Total Income: \$11,321

Expenses July 1, 2007– June 30, 2008



- Chick Chat \$5,845
- Administrative \$1,358
- Fundraising \$743
- Girls Circle \$558
- Training \$400

Total Expenses: \$8,904

Cash on hand as of 6/30/08: \$9,110.93

Financial Resources

HGNA Donors

Benefactors \$500-\$2,000

Character Counts Coalition
Downers Grove Junior Women's Club Inc.
Grove Foundation of Downers Grove
Rotary Club of Downers Grove

Sponsors \$200-\$499

Community Bank of Downers Grove
Sandra McDonnell

Contributors \$25-\$200

Rep. Judy Biggert
William and Lynn Bila
Annette Bonfield
Katherine Bronke
Barbara Chang
Betty Cheever
Sen. Dan Cronin
Sen. Kirk Dillard
Hon. Kyle Gilgis
Rep. Patricia Bellock
Juli Coughlin
Thomas Cunningham
Sean P. Durkin
Corina Fallbacher
Cathy Fisher
Barb Gacic
Rep. Sandra Pihos
Victoria Haines
Ellen Heflin
Joe Leo
Cathy Mahoney
Christine Myles
Mayor Ron Sandack
Marshall Schmitt
Marilyn Schnell
Patty Smith
Janet Upton

Bernice Swick
Laura Temple and Andy Wood
Martin Tully
Therese Wall
Mary Beth Webeler
Dr. Tony Young
Mary Ellen Young

In-kind Contributions

Ballydoyle Irish Pub
Caribou Coffee
Elaine Cook
Dominick's on 63rd
Dominick's on Ogden
DG Downtown Mgmt. Corp.
Dinner by Design
Ebersold Inc.
Holy Cow Sports
Jean Chernoff, Regina Bags
Jewel on Main
Jewel on Ogden
Ross Johnson, Johnson Printers
Joe Pepitone Realtors
Law Offices of Brian J. Krajewski
Law Offices of Goldstine, Skrodzki, Russian,
Nemec and Hoff Ltd.
Maclyn Group/Dunkin Donuts
McDonald's Corp.
Mistwood Golf Club
My Favorite Toy Store
Rick Smolke, Quik Impressions Group
Cheryl O'Sullivan
Ultra Foods



Your generous donations support HGNA programs including Chick Chat, Girls Circles, parent education seminars and workshops for professionals.



You must be the change you wish to see in the world.

Gandhi