



**STRONG WOMEN  
STRONG GIRLS  
PITTSBURGH**



## Our Story

Strong Women, Strong Girls Pittsburgh champions the aspirations and potential of girls from under-resourced communities through innovative mentorship programming. Every week, we bring college women mentors together with girls in grades 3-5 at program sites around the Pittsburgh area. Using our unique skill-building curriculum, mentors and mentees explore the stories of strong female role models and engage in growth-fostering activities and discussions.

Our college women also build strong mentoring relationships with professional women, known as Strong Leaders. Through one-on-one matches and Group Mentoring events, college participants gain personal insight and real-world career guidance from a supportive female community.

At SWSG, we believe in the power and importance of strong female role models and mentors for women and girls. We are building a diverse pipeline of strong female leadership in and for the Pittsburgh region.

### Our Impact

**It is projected that approximately 8 million girls in the U.S. will reach adulthood without exposure to or interaction with a mentor.<sup>1</sup>**

Each year, we engage  
**100+** professional women,  
**220+** college women  
mentors, and **700+** girls.



Since 2006, we've provided high-quality mentorship programming to more than **4,100 girls**.

Mentors from our six college chapters donate over **25,000** hours of service at **40+** program sites in six school districts annually.

## Our Model

### Professional Women

- Mentor our college women through one-on-one matches and Group Mentoring sessions in the Strong Leaders Program.
- Provide support, career guidance, and offer an experienced perspective.
- Share experiences and network with peers at Group Mentoring events.



### College Women

- Deliver a 24-week curriculum based on strong female role models to girls at 40+ sites.
- Encourage girls' aspirations by building positive relationships.
- Develop as leaders and professionals through program involvement and mentoring relationships with our professional women.



### Strong Girls

- Participate in weekly, after-school mentoring sessions focused on diverse female role models.
- Build supportive, growth-fostering relationships with committed college mentors.
- Practice skills like teamwork, leadership, and critical thinking through energetic and creative activities.



Our women and girls dream big and build their capacity to turn those dreams into reality!

Connect with us! 412.488.0791 | [SWSG.org](http://SWSG.org) | [Pittsburgh@swsg.org](mailto:Pittsburgh@swsg.org)



# Get Involved

## Give

**\$25** provides supplies for a hands-on learning activity for 20 girls.

**\$50** provides one month of healthy, after-school snacks.

**\$250** sponsors training opportunities for one chapter for one semester.

**\$1,000** supports a program site with up to 20 girls for an entire semester.

## Ways to Give

### Individual Donation

- **One-time or Sustaining Donations:** Visit our website at [www.SWSG.org](http://www.SWSG.org) and select "Donate."
- **Corporate Matching Programs:** Through corporate matching, your employer can match any contributions you make to SWSG.
- **United Way:** Use our code (#9187279) to designate SWSG for your paycheck contributions.

### Corporate/Business Giving

- **Corporate Sponsorship:** Become an official sponsor (see Sponsorship Levels for more details). Business and corporate sponsorships allow you to connect with our diverse female community.
- **Educational Improvement Tax Credit (EITC) Program:** Through this program, make a donation as a corporation and receive tax credits.

### In-Kind Giving

- **Supply Drive:** Organize a drive in your office or neighborhood and donate items to help create enriching sessions for girls that promote positive development, leadership, and civic engagement.

1"The Mentoring Effect." Go to MENTOR., [www.mentoring.org/program-resources/mentor-resources-and-publications/the-mentoring-effect](http://www.mentoring.org/program-resources/mentor-resources-and-publications/the-mentoring-effect).

## Volunteer

### College Women

Join an SWSG chapter at one of our partner schools (Carlow, Carnegie Mellon, Duquesne, Pitt, Point Park, Robert Morris) and volunteer your time to mentor girls in under-resourced communities around Pittsburgh. No chapter at your school? Let us know - there are still ways to get involved.

### Professional Women

Join SWSG's Strong Leaders Program and mentor a college woman one-on-one or participate in Group Mentoring events.

We also have opportunities for connecting to elementary school girls through real-life role model visits to sites, field trips, and guest speaking events.

### Event Volunteers

From spring and fall Mentor Training to our annual Strong Awards event, there's always a lot going on at SWSG Pittsburgh. Help us make a difference by volunteering to work at an event in areas such as event logistics, speaking/facilitation, and more.

**Ready to get involved? Email us at [Pittsburgh@SWSG.org](mailto:Pittsburgh@SWSG.org). We can't wait for you to join our community.**



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