

REGISTER NOW

OPPORTUNITIES FOR GIRLS AND YOUNG WOMEN WITH THE STRONG GIRLS UNITED BOOK CLUB & MENTORSHIP PROGRAMS



ABOUT US

SG United Foundation ("Strong Girls United") is a 501(c)(3) nonprofit organization with a mission to empower girls to be strong, confident, and resilient through sports, social connection and mental health and wellbeing activities.

Partnering with colleges and universities, we provide leadership training for female student-athletes to empower them to coach and mentor youth girls.

"I will always remember that day, when I met a role model that has changed everything in such a positive way for me! It felt like a big weight was lifted off of my shoulders ever since I started talking with her!"

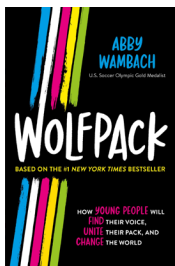
—FIFTH GRADE MENTEE



Join us for SGU Book Club! Each season will feature a book by strong, inspirational, female leaders and culminate in a Celebration Night on Zoom with all of the Book Club participants

from around the country (and prizes!)

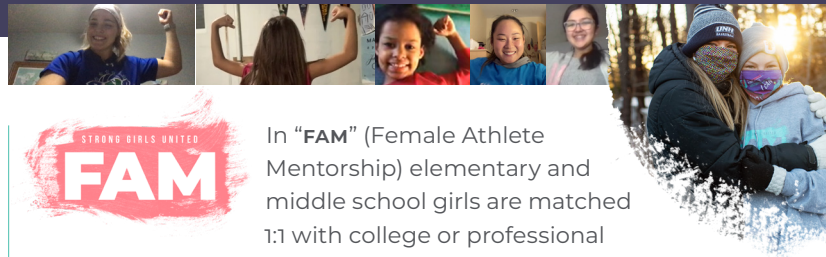
The SGU Book club will fill you with inspiration, joy, kindness and laughs. Most importantly, it will connect you to a community of like-minded leaders, dreamers, laughers and thinkers. We hope you'll join us! Book selections are aimed at 5th graders through adults.



Wolfpack
Young Readers Edition
Abby Wambach

Free and open to EVERYONE

Learn more and register [here](https://sgubookclub.org) (registration open all year). sgubookclub.org » » » » » » » » » »



In "FAM" (Female Athlete Mentorship) elementary and middle school girls are matched 1:1 with college or professional

female athletes for the school year. Athletes are supported and trained by the SGU team. Mentees meet approximately twice a month with their mentor virtually and engage in physical activity and mental skills and wellbeing activities together.

LEARN ABOUT THE FAM



Open to rising K-8th graders

Apply [here](https://sgunitedfoundation.org/fam) (open until September 30, 2022 or until full). sgunitedfoundation.org/fam » » » » » » » » » »



Questions?
Get in touch:

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STRONG BODIES.
KIND HEARTS.
UNSTOPPABLE MINDS.

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