



HGNA co-sponsored Snowflake for the first time in 2009.

Highlights of Our Year

HGNA continued to build on past successes while introducing several new programs and workshops:

- * The fourth annual Chick Chat served 175 girls, while the companion Mom Chat presentation by author Julie Ann Barnhill offered their mothers tips for remaining loving and in charge.
- * Snowflake, an event for seventh-grade boys and girls interested in exploring leadership skills, healthy decision-making and substance abuse prevention was held in March as a collaborative effort between HGNA, local school districts and the Downers Grove Police Department and Township.
- * HGNA teamed with the Girl Scouts of DuPage County and the Downers Grove Park District to offer sell-out sessions on “The ABCs of Friendship” and “Mean Girls: How to Deal” for troops.
- * We continued to offer Girls Circle sessions for girls in fourth– through sixth-grade in conjunction with the Downers Grove Park District.
- * HGNA co-sponsored a parent education seminar with Downers Grove Grade School District 58 featuring Dr. Robert Brooks, a leading expert on resiliency, self-esteem, motivation and family relationships.
- * An HGNA-sponsored parent workshop, “How to be Cyber-Savvy...When Your Kids are Cyber Social,” introduced parents to the cyber world and tips for keeping kids safe online.

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Chick Chat '09 served 175 fourth– through sixth-grade girls while the accompanying Mom Chat offered their mothers inspiration and advice.



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



HGNA 2009 Annual Report

Helping Girls Navigate Adolescence, Inc.
 Incorporated September 2005

A Message from the President

Dear Friends,

This fall brought some exciting changes to Helping Girls Navigate Adolescence. After nearly five years at the helm of HGNA, Mary Ellen Young is changing positions within the organization and I will be serving as HGNA's new President.

Helping girls gain confidence has long been a passion of mine. I've worked as a public relations and fund development director for two Girl Scout councils and spent six years as a Girl Scout leader for my daughter's troop. Since getting involved with HGNA four years ago, I've served as a volunteer and board member.

My 13-year-old daughter and I were fortunate to be on the receiving end of HGNA's programs. Emma attended Chick Chat from fourth through sixth grade, and I've watched her use the relational peer skills she learned and benefit from the confidence she gained from the Chick Chat experience.

I'm thrilled that HGNA was in place as my daughter was navigating adolescence and excited for this new opportunity to serve. Our programs for girls and their caregivers continue to gain momentum, from the fourth annual Chick Chat to our free parent workshops, which in the past year addressed online social networking and building resilience in our children.

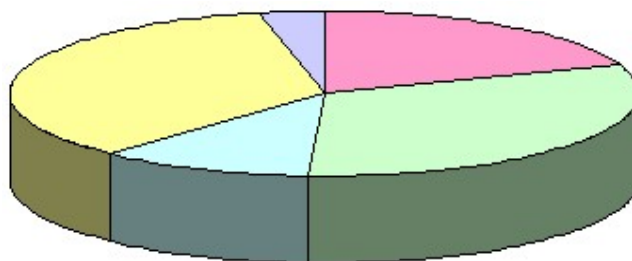
New programs and partnerships in the works for 2010 will reach early-teen girls, mothers and daughters and at-risk groups.

With Mary Ellen's guidance, a team of committed directors and volunteers, and the generous support of companies and individuals, HGNA has become a thriving and vital part of our community. I look forward to furthering its work, not only in my daughter, but in the hundreds of girls and parents that HGNA will continue to reach.

Sincerely,

Sandra McDonnell

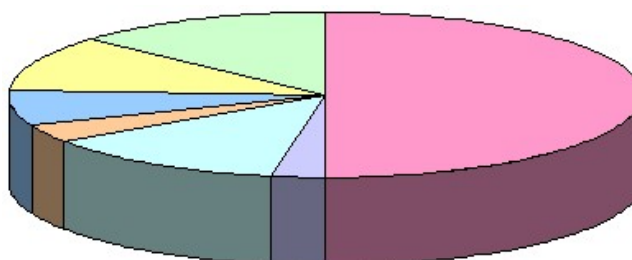
Income 7/1/08 — 6/30/09



Chick Chat	\$3,030.00
Pancake Breakfast	\$4,835.00
Donations	\$1,710.00
Grants	\$5,396.74
Girls Circle/Girl Scouts	\$514.17

Total Income: \$15,485.91

Expenses 7/1/08 — 6/30/09



Chick Chat	\$5,774.24
Girls Circle/Girl Scouts	\$304.24
Snowflake	\$1,500.00
Parent Seminars	\$390.08
Training/Conferences	\$788.00
Organizational Expenses	\$1,242.91
Administrative Expenses	\$1,545.93

Total Expense: \$11,545.40

Cash on hand as of 6/30/09: \$13,051.44

HGNA Donors

Benefactors \$2,000-\$5,000

Downers Grove Character Counts Coalition

Sponsors \$500-\$1,999

The Grove Foundation

Contributors \$25-\$500

Patricia Bellock

Judy Biggert

Amy Buonassisi

Julia Burke

Craig and Elaine Cook

Dan Cronin

Kirk Dillard

Community Bank of Downers Grove

Dolci & McMahan, LLC

Downers Grove Downtown Management Corp.

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Kyle Gilgis

Joe and Lynn Leo

Joel and Sandra McDonnell

Michael McMahon

Sandra Pihos

Ron and Kevan Sandack

Marilyn Schnell

Paula Thomas

Tony and Mary Ellen Young

Other Contributions

Ballydoyle Irish Pub and Restaurant

Best Buy

Caribou Coffee

Dinner by Design

Downers Grove Downtown Management Corp.

Downers Grove Park District

Dunkin Donuts

Ebersold, Inc.

Christy Greenblatt

Herrick Middle School

Cheryl Karsa

K.S. Mathis Jewelers

Mallard Press

McDonald's Corp.

My Favorite Toy Store

Cheryl O'Sullivan

Joe Pepitone Realtors

Schiele Graphics

Damienne Souter

Ultra Foods

Financial Resources