



Girls Empowerment Camp
Church of the Holy Trinity
2300 West Lafayette Avenue
Baltimore, Maryland 21216
Cotht Outreachministry@gmail.com

Dear Friend,

Every girl deserves the chance to become her best self. That journey requires more than intelligence or opportunity—it requires a strong internal foundation.

We invite you to partner with us in this vital work. Together, we can ensure that every girl has the tools she needs not only to succeed, but to thrive.

At Girls Empowerment Camp, we teach girls ages 9–12 the skills they need to navigate challenges with confidence and integrity. Our program is built around four pillars essential to lifelong success: resilience, self-discipline, perseverance, and sound decision-making. Together, these pillars form the framework that helps girls face adversity, grow from setbacks, and move forward with purpose.

Resilience—the ability to recover, adapt, and continue despite difficulty—is at the heart of this work. Childhood today is increasingly complex. Girls encounter academic pressure, social challenges, and emotional stress at younger ages than ever before. Without guidance and practice, these experiences can undermine confidence and self-worth. Resilience is not innate; it is a skill that must be intentionally taught and nurtured.

At the camp, girls learn resilience through experience. They are encouraged to attempt difficult tasks, to sit with frustration, to problem-solve collaboratively, and to reflect on moments when things do not go as planned. They learn that setbacks are not failures, but opportunities to learn and grow.

Alongside resilience, girls develop self-discipline—the ability to manage emotions, focus attention, and follow through on commitments. They practice perseverance, learning that meaningful accomplishments often require patience and sustained effort. Through guided discussion and mentoring, they strengthen decision-making skills, gaining confidence in evaluating choices and understanding consequences.

These lessons are reinforced through a holistic, supportive environment that integrates mentoring, physical activity, creative expression, and self-care. By the end of the week, girls do not simply understand these concepts—they recognize them within themselves.

Your support makes this transformation possible. You may make your donation here:

<https://givebutter.com/4twxMb>

When you give to Girls Empowerment Camp, you are investing in more than a week-long program. You are helping girls build an internal compass that will guide them through adolescence and into adulthood. You are affirming that they are capable, worthy, and equipped to meet life's challenges with strength and grace.

With sincere gratitude,

Darrilynn Arnette-Mazyck, MD

Executive Director

Girls Empowerment Camp

EIN 52-0848547

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