



girl
inc.

ELYSE'S STORY

GAINING CONFIDENCE & PAYING IT FORWARD

As a child, Elyse was very shy, struggling with an anxiety problem and dyslexia. She couldn't cope. Elyse's mother contacted Girls Inc., a United Way funded agency, for help.

At age 12, she became a peer mentor to younger students and led a school assembly. Now at 17, Elyse is getting ready to begin university. She can't imagine what her life would be without the love and support from her community.



Elyse's Story

"As a kid I was very shy, struggling with an anxiety problem and dyslexia. I struggled with doing basic things because my anxiety controlled my life.

My biggest triggers were school and any type of transition because change was always hard. My anxiety always lead me to crying and vomiting because I could not cope.

At only 7 years old, I felt completely consumed by negative thoughts and

anxiety.

My family and I tried many coping mechanisms, but they never worked. I ended up needing an altered schooling plan because I was unable to attend school for full days. At only 7 years old, I felt completely consumed by negative thoughts and anxiety. This is when my mother reached out to Girls Inc. for help.

I started out going to the Girls Inc. summer camp. I felt completely terrified to enter a new environment, as this was a trigger for my anxiety, but I ended up having such a positive experience at camp.

It was like magic, my life was flipped upside down. I learned how to be confident and own my anxiety.



After summer was over, I felt ready to try school full time, and ended up being successful.

Throughout these programs, my confidence really started to blossom.

I started joining many after school programs that Girls Inc. offered. I even joined the book club to build more confidence in my reading abilities. Throughout these programs, my confidence really start to blossom.

At age 12, I even became a peer mentor to the younger students at my school and led a school

assembly.

Now at 17, I have learned to be aware and validate my feelings of anxiety, but not allow them to control my life. I am now very excited to be going into my first year at University.

I can truly say that I cannot imagine what my life would be like without all of the love and support for Girls Inc., a United Way funded agency."

Your support of the United Way Durham Region is making a difference.

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