

# Girl power: National Charity League 2012

The San Diegoito Chapter of National Charity League Inc. is off to a self-empowering start.

Some 260 mothers and daughters make up the San Diegoito Chapter of National Charity League.

The mother-daughter philanthropic group kicked off its first fall meeting with guest Tami Walsh, President of Teen Wisdom.

Walsh led an inspirational 90-minute workshop on self-esteem. She spoke about the most common self-defeating ways girls think and act that can lead to feelings of negativity and self-doubt.

Walsh also shared the most common self-esteem boosters affecting girls, in-

age issues and "girl drama."

The biggest influence on girls' self-esteem comes from other girls, Walsh said.

The workshop was a great start to the new year as the girls now have a better understanding of how they impact each other, both positively and negatively, according to parents. In addition, they learned tips on building positive self-esteem.

The group is celebrating its 10-year anniversary this year with a goal of donating 10,000 philanthropy hours to various charities and causes.

For more information about the National Charity League visit



The San Diegoito Chapter of the National Charity League: front row (kneeling left to right) Amy Sears, Jacqueline Yang, Brianna Berken, Tami Walsh (speaker), Liza Grutin, Jacqueline Pruter, Lisa Fousianes (grade level advisor). Back row (standing left to right) Chloé Fousianes, Rachel Gackstetter, Eleanor Lichter, Melissa Chin, Kelsey Karp, Brynne Kuntz, Lindsay Altman, Molly Merkin, Lexi Goldberg, Pam Hastings (grade level advisor), Monica Spacciopoli, Julia May.