

“It Doesn’t Have to be Scary to be a Girl”

OPHELIA’S PLACE GALA COMING UP OCT 10. Register by Sept 19.

Eugene, Ore. – Join Ophelia’s Place for its annual OP Gala on Thursday, Oct. 10 at 5:30 pm at Venue 252 in Eugene. Ophelia’s Place is a nonprofit dedicated to empowering girls ages 10-18 to thrive in a complex world. Its services include after-school activities and drop-in, school partnerships, therapy, and professional development for youth-serving providers throughout Lane and Linn counties.

This Halloween-themed Gala will include dinner, live and silent auctions, and a lot of fun. Costumes aren’t required but are definitely encouraged. Purchase tickets by Sept. 19 at OpheliasPlace.net/Gala.

Today’s teen girls are experiencing record high levels of violence, sadness, and mental health challenges, and support. According to a 2023 CDC study, 53 percent of teenage girls reported extreme depressive symptoms in 2023. In the same study, 28 percent of teenage boys felt persistent sadness.

Ophelia’s Place strives to help build a better, safer, and more equitable community for girls and youth to grow up and thrive in. Its robust, community-centered offerings focus on building youth and community allies. Many of OP’s direct services are available for free or on a sliding-fee scale regardless of income level. This couldn’t be possible without individual gifts, corporate sponsorship, grants, and foundation dollars. The Gala is one of those important income sources.

“It doesn’t have to be scary to be a girl,” said Ophelia’s place Executive Director Laura Sanchez. “At Ophelia’s Place, girl-identified youth have a safe space to connect, feel supported, and honor their individuality, no matter how spine-chilling things might feel.”

Between July 2023 and June 2024, Ophelia’s Place served more than 230 girls with after-school activities, provided more than 2,300 therapy sessions to individual youth, provided Girls Empowerment Groups and Young Amazing Women of Color Groups to 405 girls, provided classroom presentations to more than 7,000 youth of all genders, and provided training to more than 500 youth-serving professionals.

For more information, visit OpheliasPlace.net.