

From: Lani Silversides, Founder & Executive Director, lani@sgunitedfoundation.org

Subject: Help a Girl Build Confidence & Strength Today!

Dear [First Name],

Every girl deserves to believe in herself, but not all have the support they need to grow strong—inside and out. At Strong Girls United, we empower girls through mentorship, sports, and mental skills training, giving them the confidence to chase their dreams.

Meet Sofia, a 12-year-old who once doubted her abilities. She hesitated to try out for her school's soccer team, afraid of failure. But through our mentorship program, she found her strength. Today, she's not just a soccer player. She's a leader, mentoring younger girls to believe in themselves.

You can help more girls like Sofia build confidence and resilience. Your donation makes a real impact:

- \$25 provides a Strong Girls activity kit for one girl.
- \$50 funds a mentorship session connecting girls with inspiring female athletes.
- \$100 supports a full month of programming for a girl in need.

Donate Now to Empower a Girl: <https://www.sgunitedfoundation.org/donate>

Your generosity ensures that girls gain the support, skills, and encouragement they need to grow into confident, strong leaders. Together, we can make a difference.

Best wishes,
Lani Silversides
Founder & Executive Director

Strong Girls United
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P.S. Not ready to give cash? You can still support Strong Girls United by donating sports equipment, books, or your time as a volunteer.