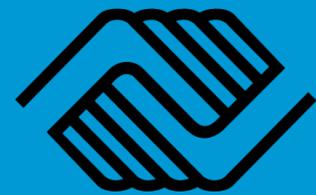


2025 Think, Learn, Create Change Project.



BOYS & GIRLS CLUBS
OF THE AUSTIN AREA



PROJECT SUMMARY

Austin TLC Members believe that mental wellness in our communities can lead to positive outcomes in the community.

- **Meadowbrook Club** focused on gun violence prevention as their community has been severely impacted by it.
- **Navarro Club** focused on access to mental health resources and coping strategies for athletes in their campus. Teens in their campuses are often involved in multiple extra-curricular activities and often hold a job to support their families. Work/life balance and stress coping strategies are needed otherwise it can lead to poor athletic and poor academic performance and mental health struggles.
- **Home Club** members focused on promoting wellness in women. Mental and physical health in women is vital in order to have stronger and safer communities.

SERVICE PROJECTS

- Community Cleanup- Meadowbrook members participated in a cleanup on a Saturday. Cleaner spaces are less stressful and encourage community to come together to improve living spaces.
- ThriveFest 2025- BGC held 2nd annual thrive fest to celebrate healthy lifestyles with a focus on mental wellness. This fair provided community with access to resources and community partners that support and promote wellbeing in the community
- Home Club donated personal hygiene items to a local shelter in support of local nonprofit that supports women and children who suffer from domestic violence
- Home Club girls attended a women's self defense course in which they learned techniques to stay safe and protect safety. Members will be sharing skills learned with other club members.

TLC Club members traveled to Summit for America's Youth in D.C.

TLC Club members attended the Boys & Girls Clubs summit for America's Youth this summer and had opportunity to speak to representatives like Greg Casar. Members spoke out about importance of afterschool programs.



Resources Needed:

- Access to mental health resources for all
- Education on gun safety
- Upgraded safety equipment and increased safety patrol in communities directly affected by gun violence.
- Advocacy for women's wellbeing, specifically when it comes to violence against women and children.
- Affordable feminine hygiene products for all women



Conclusion - Recap/ Importance

Importance

- People may lose friends, siblings, or classmates to shootings
- Growing up in an environment where gun violence is common can lead to long-term mental health issues
- Peer influence
- Building safer communities



THANK YOU!
QUESTIONS?

