

Contact us!

**Program Director
Karyn Corell**

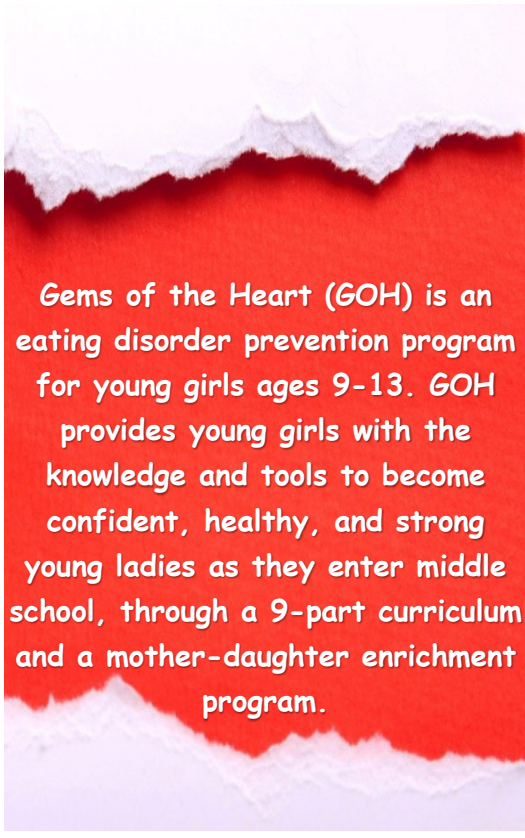
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A study involving adolescent girls showed that girls view thinness as a significant contributor to peer status and perceive thinness as an important factor in attractiveness to boys.

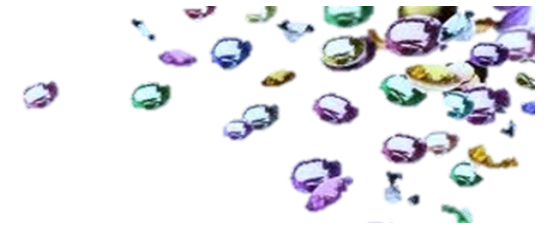
(Eating Disorders Review, 2005)

More data available on
Mannafund.org/Talkitout.org



Gems of the Heart (GOH) is an eating disorder prevention program for young girls ages 9-13. GOH provides young girls with the knowledge and tools to become confident, healthy, and strong young ladies as they enter middle school, through a 9-part curriculum and a mother-daughter enrichment program.

Gems of the Heart is a part of Manna Fund, which provides financial support, for people suffering from life-threatening eating disorders.



gems
of the
heart

**Building Esteem and
Empowerment in Youth**

A program of
MANNA FUND
MANNAFUND.ORG

Services Provided

GOH Self-Esteem Camp
Entire 9-Part Curriculum

GOH 1-hour Workshop
Focusing on one of the topics
in our 9-part curriculum.

GOH Therapy Groups
1 hour focus group
3-8 individuals/group

**Services are free and include ALL
materials!**

Donations Accepted



9-Part Curriculum

Girls, Know Thyself

Empowerment, Not Control

Mothers are Instrumental

Safe Place

Healthy Eating

Embrace Your Body

Active Lifestyle

Recognize Your Whole Beauty

Talk it Out!

Fundraisers

Gems of the Heart Tea Party: An intimate gathering where parents/caretakers and their children celebrate their relationships, chat, select jewelry, and meet other families.

Bowling for Daughters: Fathers are instrumental too! This fundraiser is a competitive environment where fathers and daughters connect and gain further resources to strengthen their relationships.

Be the Model: Share your Heart Festival: This festival is a fun interactive time, which includes games, family resources, vendor booths, and sponsorship opportunities.

