



Our Approach:

From the very first phone call, our bilingual, bicultural team is with your family every step of the way, from assessment to treatment to healing.

With the Latina Girls Project, the Guidance Center employs weekly sessions of individual, group and family therapy, along with monthly outings and other activities, all designed to tackle issues such as depression, low self-esteem, social anxiety, cultural assimilation, school refusal, self-harming behaviors or suicidal ideation.

Family therapy sessions are offered entirely in Spanish, helping to foster communication, ease conflict, and overcome language barriers.

Graduates of the program are given the opportunity to become Program Ambassadors, serving as supportive mentors for other Latina Girls and helping them navigate their own journeys.

Unlike many providers, the Guidance Center promises that at-risk children and teens will be seen within 24-48 hours, when the case is deemed urgent.

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

Latina Girls Project

A PROGRAM OF NORTH SHORE CHILD & FAMILY GUIDANCE CENTER

Held at:

North Shore Child & Family Guidance Center
The Leeds Place – Serving Young People
999 Brush Hollow Road
Westbury, NY 11590

To schedule an assessment appointment, call (516) 626-1971.

For emergencies after hours, call our crisis hotline at (516) 679-1111 or bring your child to the nearest emergency room.

Self and provider referrals welcome.

We take most insurance plans, including Medicaid.

No one will be denied services due to inability to pay.

Made possible by a generous grant from the John and Janet Kornreich Charitable Foundation.

Visit us at www.northshorechildguidance.org

Licensed and supported by: Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services; New York State Office of Mental Health; New York State Office of Alcoholism and Substance Abuse Services. Supported by: New York State Office for People with Developmental Disabilities; New York State Office of Children and Family Services; Nassau County Department of Health; United Way of Long Island; Great Neck Community Fund; Community Chest of Port Washington; and Manhasset Community Fund.



Latina Girls Project

AT NORTH SHORE CHILD & FAMILY GUIDANCE CENTER



- Does your daughter seem disconnected from your family?
- Is she isolating from her peers?
- Are you afraid she may be at risk of self-harm or suicide?

You don't have to face this alone. Our experts are here to provide your family with culturally aware, compassionate healing.

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

The Problem:

Our team at the Guidance Center noticed an increasingly large number of first-generation Latinas coming to us with severe depression, self-harming behaviors and suicidal thoughts. Many had stopped attending school, and some had been hospitalized for suicide attempts.

When a crisis arises, parents often struggle to find timely and professional help. With the Latina Girls Project, the Guidance Center provides a family centered, culturally informed solution to bring hope and healing to those who need it most.



The Statistics:

- 1 in 4 Latina girls have considered attempting suicide.
- 47% of Latina girls feel sad and hopeless on a daily basis.
- 3 in 4 Latina girls report experiencing at least one sign of poor or decreased mental health in the past 30 days.
- Suicide attempts for Latina girls, grades 9-12, are 30% higher than for white females of the same age group.
- Only 31% of Latina girls experiencing depression received mental health treatment.



Monthly Outings:

Supervised trips are designed to boost the teens' confidence and sense of independence, allowing the girls to discover a world of opportunity. By introducing the teens to diverse experiences, we help them envision a brighter future, giving hope and a sense of possibility to those who often struggle to get through the day.

Past outings have included:

- Broadway Shows
- Self-Care Workshops
- Radio City Music Hall
- Adventure Courses
- Escape Rooms
- Cooking Classes
- Amusement Parks
- Ice Skating

...and countless more opportunities to allow young minds to grow.

North Shore Child & Family Guidance Center

As the preeminent not-for-profit children's mental health agency on Long Island, North Shore Child & Family Guidance Center is dedicated to restoring and strengthening the emotional well-being of children (from birth – age 24) and their families.

Our highly trained staff of psychiatrists, psychologists, social workers, vocational rehabilitation counselors and other mental health professionals lead the way in diagnosis, treatment, prevention, training, parent education, research and advocacy.

For more than 70 years, the Guidance Center has been a place of hope and healing, providing innovative and compassionate treatment to all who enter our doors, regardless of their ability to pay.

