

## **Ophelia in Action**

This school year, Ophelia Project converted its entire mentoring program to a virtual format! Our team of resilient mentors spent hours of training to learn how to use Zoom as well as techniques to engage the girls. While there was a learning curve, we have found that the successes we are now experiencing far outweigh the challenges.

Building emotional intelligence that our middle and high school girls will use for the rest of their lives is more important now than ever and it's why our program content focuses on these core skills.

Our Ophelia Girls have been excited to share what they like most about Ophelia:

- Ability to freely express themselves and to be listened to at a deeper level
- Having mentors who show up every session just for them
- Concern by their mentors of their mental well-being
- Receiving guidance to be their best self
- Confidence building techniques

Our mentors are most proud of:

- Having a core group of girls show up consistently despite the circumstances
- Being able to engage the girls and have everyone participate
- Girls sharing their genuine thoughts and feelings
- Working together as a cohesive team to help the girls
- Helping girls build resilience by focusing on our core emotional intelligence topics

While many talk of returning to “normal”, we believe the opportunity discovered in this pandemic is allowing Ophelia Project to grow “beyond normal” to form deeper and stronger mentoring relationships to change the lives of young women here in the Coachella Valley.