



Contact: Erika Orsulak
Program Director
(612) 338-1233 ext. 16
eorsulak@YouthCAREmn.org

FOR IMMEDIATE RELEASE

YOUNG WOMEN'S MENTORING PROGRAM HONORS YOUTH LEADERS

Young women cultivate understanding; respect in multicultural communities

ST. PAUL, Minn. – (May 12, 2005) – Ten young women from St. Paul and Minneapolis will be honored Friday, May 20, 2005, for their completion of YouthCARE's (Youth for Cultural Appreciation and Race Equality) Young Women's Mentoring Program, a year-round youth development program focused on building the self-esteem and leadership skills of young women. A ceremony to recognize their achievement and contributions to the community will be held from 4:30 to 7:00 p.m. at the St. Paul Travelers' Jackson Room at 385 Washington Street in St. Paul. Keynote speakers include Lea B. Olson, Broadcast Journalist; Latilah Ross, Central High School Junior and Acclaimed Spoken Word Poet; and Martha Vang, Como Park High School Senior and Program Alumnus.

"We are so proud to recognize the accomplishments of these young women," said Erika Orsulak, Director of the Young Women's Mentoring Program. "They have had a positive impact on the lives of many young girls and have developed the leadership skills necessary to continue to promote intercultural cooperation and cultural appreciation in their communities."

Young Women's Mentoring Program was established in 1990. Annually, it provides a 12-month employment and leadership experience for nine young women, 14-18 years old, and positive social, recreational, and educational activities for 160-180 girls, 7-13 years old. Program services include work experience, leadership training, mentoring, intercultural exchanges, counselling, and after-school, weekend, and summer activities. The program brings girls together in small and large groups, and one-to-one, to promote intercultural cooperation and cultural appreciation.

About YouthCARE

YouthCARE is a Twin Cities-based non-profit organization with a successful thirty-year history of directing leadership development, multicultural, and educational programs and services for urban youth ages 7-18 years old. YouthCARE programs have a strong emphasis in helping youth develop the leadership skills necessary to live and work in a multicultural community, by encouraging understanding, respect, and appreciation for self and others during the transition from adolescence to adulthood. For more information on the YouthCARE programs, visit www.YouthCAREmn.org.

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