
Mission

To enrich the quality of life of underserved women and girls in the Washington Metropolitan Area with spiritual, personal, and career enrichment services.

Organization Background

Virtuous Enterprises, Inc. (VEINC) is a 501(C)(3) training and development organization devoted to the spiritual, educational, and economical empowerment of underserved women and girls in the Washington Metropolitan Area.

VEINC was incorporated in 1996 to address the challenges underserved women and girls face in obtaining access to services and resources to help them live productive and victorious lives.

Since its inception, VEINC has helped more than 2,560 women and girls capitalize on career, educational, and business opportunities with our core enrichment services, programs, publications, annual conferences and health forums. From this total, 59% were Professional Women; 25% Welfare Recipients; 15% Homeless; and 1% was Mothers of Children with Special Needs.

Philosophy

VEINC takes “service” seriously and views service as a means of giving and sharing “unconditionally” to ensure that our clients receive the best service marked by virtue! VEINC believes we will reap what we sow and our success and rewards will be aligned with the development and growth of our clients!

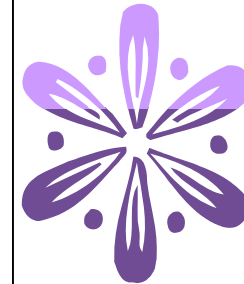
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Your tax-deductible donations are welcomed!



ME First

*Connecting Girls to Self-Awareness,
Self-Assurance and Self-Empowerment*



Program Overview

As teenage girls start their journey to womanhood, their fearlessness converts to fear, their high self-worth and confidence depletes, and their true sense of identity becomes questionable because of societal influences.

ME First is a mentoring program for middle and high school girls in the Washington Metropolitan Area. The program was launched in 2004 from a grant from Florence Crittenton of Greater Washington.

The purpose of ME First is to provide teenage girls with the tools and resources to effectively transform into powerful leaders, change agents, and women within their schools, and surrounding communities through mentoring, counseling, moral support, and training.

Program Goals

- Teach participants how to develop a healthy self-image to promote self-worth
- Teach participants the principles of self-discipline
- Teach participants the importance of self-development
- Teach participants how to achieve educational and career goals
- Teach participants how to get involved in social and ethical change
- Inspire and encourage participants to strive for excellence in all their life pursuits and endeavors

Program Components

ME First Weekends Retreats — Offers young women a safe environment to learn about careers, purpose for living, and relationships through interactive dialogues, seminars, and workshops. Retreats/sleepovers are held in June and September.

I-Sight — This component teaches participants how to build and strengthen relationships through self-awareness, acceptance of behavioral differences, and the impact their behaviors (positive and negative) have on others.

Straight Talk — Participants speak candidly about their dreams, aspirations, and the challenges they face in school and society.

Leadership Development — Participants receive training in time management, financial planning, career development, team building, leadership and emotional intelligence to make ethical, social, and economical impacts in their communities.

I Am What I Am — Participants learn how to improve their self-image to embrace their unique individuality.

Just for You Sessions — Explore the importance of proper nutrition and exercise for weight control, stress, and emotional control. Participants also learn personal image and presence techniques that are suitable for their age, body type, and lifestyle, and proper business and personal etiquette.

My Body: The Sacred Temple - Girls learn how to take care of their temple (i.e., body) to increase the vitality of their health and the stages of growth into womanhood.

ME First Registration Form

Last Name _____

First Name _____

Address _____

City _____

State _____ Zip Code _____

Home # _____ DOB _____

E-Mail _____

School Name _____

School Grade _____ GPA _____

Assessment Questions

- Do you find it challenging to grow up in today's society? Yes No
- Do you plan to attend college?
 Yes No
- Do you believe you will be prepared to attend college or get a job after graduating from high school? Yes No
- Have your dreams been shattered because of lack support from family and/or friends?
 Yes No
- Do you believe society is driven or obsessed with beauty and materialism? Yes No
- Do you believe a program like ME First can help you become the woman you desire to be? Yes No