

WOMEN'S FUND OF DOOR COUNTY

For Immediate Release

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WOMEN'S FUND OF DOOR COUNTY ANNOUNCES BOYS & GIRLS CLUB AS HEALTH GRANT RECIPIENT

Sturgeon Bay, WIS., January 28, 2026— The Women's Fund of Door County is proud to announce the Boys & Girls Club of Door County's "Strong Minds, Strong Futures: Proactive Mental Health Support for Door County Youth" program as the recipient of a \$30,000 Women's Fund of Door County Health Grant.

The Women's Fund of Door County Health Grant is designed to support the development, expansion, or improved delivery of programs and initiatives that focus on the health of women and girls in our community, with priority given to unique programming that would not occur without this grant.

"We are proud to have administered more than \$1.1 million in community grants and childcare support throughout the Women's Fund of Door County's 17-year history," explains Michelle Sternard, board chair.

"With this new Health Grant, we can take a more targeted approach to addressing the health of women and girls by offering a larger grant that can make a substantial impact on the Door County community."



From left: Women's Fund of Door County board members, Abby Grommet and Kristen Jeanquart, present a Health Grant to Boys & Girls Club of Door County staff members Chelsea Adams, Sydney Tlachac, and Kacie Mueller.

The Boys & Girls Club staff describe witnessing firsthand a mental health crisis across its membership. With unprecedented demand for interventions at every level, staff members currently offer everything from general, universal emotional wellness programming; targeted groups addressing specific needs; and the highest level of support, involving intensive individualized services for members facing significant challenges.

Rather than addressing issues reactively, "Strong Minds, Strong Futures" will allow the Boys & Girls Club to proactively develop skills in its members. Utilizing a dual approach, Club members will develop social-emotional skills and then apply these new skills to design and execute a health advocacy community project.

"This generous grant allows us to take a proactive approach to emotional wellness at Club...We're supporting our members in developing tools to navigate their emotions and strengthening their sense of well-being, which will serve them throughout their lives," explains Sydney Tlachac, Boys & Girls Club Director of Emotional Wellness. "By prioritizing their emotional health today, we're helping them develop lifelong skills for managing stress, building healthy relationships, and advocating for their own wellness."

As part of "Strong Minds, Strong Futures," Club members will first receive age-specific, research-backed social-emotional learning curriculum to strengthen emotional regulation and develop conflict resolution strategies.

Next, teen Club members will apply what they have learned by designing and executing a health advocacy project. Taking on this leadership role will give teens a sense of purpose while contributing to the local community, both of which help to reduce adolescent anxiety and depression.

"The impact of this programming extends far beyond our Club walls. When young people develop emotional wellness skills and learn to advocate for health issues in their community, it creates a ripple effect," says Chelsea Adams, Boys & Girls Club Director of Operations. "Our members go home with tools to communicate better with their families, they bring empathy and conflict resolution skills to their schools, and through their advocacy work, they'll be identifying and addressing real health needs affecting women and girls throughout Door County. Thanks to this generous grant, we're not just changing individual lives. We're strengthening the entire fabric of our community."

"Strong Minds, Strong Futures" will run through the 2026 calendar year and have the potential to receive an additional Women's Fund of Door County Health Grant in 2027.

"Congratulations to the Boys & Girls Club," adds Sternard. "We were impressed with the wide-reaching impact of this innovative program and can't wait to see its effect on your members and on our community."

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About the Women's Fund of Door County

The Women's Fund of Door County began in 2009, when a group of visionary Door County residents asked, "How can the Door County community change the lives of women who struggle and offer hope for a better, more secure life?" With a vision of "when she thrives, we all prosper," the Women's Fund builds, enriches, and nurtures the lives of women and girls through collective wisdom and philanthropy. In its 17 years as a component fund of the Door County Community Foundation, the Women's Fund has awarded more than \$1,100,000 in grants and supported more than 100 programs throughout the peninsula. For more information, visit the Women's Fund website at <https://womensfunddoorcounty.org/> or follow us on [Facebook](#) and [Instagram](#).

The Door County Community Foundation, Inc. is a collection of separate charitable funds set up by individuals, families, non-profit organizations, private foundations, and businesses that are managed, invested, and disbursed for the current and future good of Door County. The Community Foundation was launched in 1999, currently administers more than \$65 million in assets, and distributes more than \$7 million to charities in Door County every year. For more information about the Door County Community Foundation, visit us online at www.GiveDoorCounty.org.