

## GIRLS' WEEKEND ALTERNATIVE PROGRAM (GWAP)

# Changing Outcomes for Girls Who Need It Most



**The Girls' Weekend Alternative Program (GWAP)** is a gender-responsive weekend intervention for youth ages 12–18, referred through juvenile probation, children and youth services, mental health providers, or schools. Based at the Diakon Wilderness Center in Boiling Springs, PA, GWAP offers a structured, supportive environment designed to help participants set goals, develop accountability, and build life skills through peer support, service, and personal growth.

Girls attend 8–10 weekends for the greatest impact, though referrals for fewer weekends may be considered. Each weekend includes goal-setting sessions, peer groups based on the Girls Circle model, yoga and mindfulness, adventure-based therapy, and 15–20 hours of community service when attending 10 full weekends. Weekly feedback is shared with families and referring agencies. Families are engaged throughout the process, including initial intake and transition planning.

### FOR MORE INFORMATION OR TO MAKE A REFERRAL, CONTACT:

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Staff receive ongoing training in trauma-informed care and motivational interviewing. Each youth completes a workbook-based curriculum, receives up to five individualized treatment goal assignments, and participates in structured activities designed to build emotional regulation, decision-making, and empathy.



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[Diakon.org/youth-services](http://Diakon.org/youth-services)

The program provides transportation and can offer drug testing at the county's request. Youth must be medically cleared, and referrals are reviewed for acceptance within 48 hours.