

ISSUE
#5
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PLAY IT FORWARD! ¡FUERZA DEL JUEGO!

FEATURING
**MARIA, SETOU,
& CLEMENTINE!**



OUR SUPERPOWER:
**MENTAL HEALTH
& WELLNESS**

WILL YOU BE AN
SWB SUPERHERO!?



DONATE TODAY!



CREATING BELONGING
SINCE 2007!

Maria, Setou, and Clementine joined SWB Colorado when they were in the 7th grade. They didn't know much about each other, didn't know much about SWB, and didn't know much about soccer. They were short on confidence, but they didn't let that stop them.



I want to give soccer a try, but I am worried that the boys will tease me.

Will the people at SWB accept me even though I've never played soccer before?

This looks like so much fun...I hope my parents will let me play.

Despite the cultural stigmas and countless barriers faced as girls (or maybe because of them) it didn't take long for their friendships to blossom and their confidence to grow.

We belong on this field just as much as the boys or anybody else. Let's go have fun!



The transition from middle to high school comes with a lot of stress and pressure, but with the support of role models like Coach Erin and the encouragement of their teammates, the soccer pitch became a healthy escape from the problems of day-to-day life.



Now 10th graders, they are summer camp coaches for younger participants and are role models for the middle school girls team. Clementine, Maria, and Setou are leaders on and off the pitch, demonstrating the power of confidence, bravery, and wellness.

"IF 7TH GRADE ME COULD SEE ME NOW, SHE WOULDN'T BELIEVE IT!"

"WE KNEW THERE WAS SOMEONE WE COULD COUNT ON TO TALK TO FOR SUPPORT, SOMEONE WHO WOULD BE IN OUR CORNER."



At SWB, we use Social-Emotional Learning (SEL) strategies to help young people build resilience, manage stress, improve their mental and behavioral health and holistic well-being. By integrating SEL into soccer activities, youth develop the skills to cope with life's challenges, on and off the field.



MEANINGFUL RELATIONSHIPS

SWB prioritizes consistent, caring mentorship, ensuring that young people build trust and develop a strong support network with their coaches and teammates.

LONG-TERM ENGAGEMENT

Programs are designed to support youth throughout their critical developmental years, providing continuity and a reliable presence as participants navigate life changes.

SUPPORTIVE STRUCTURES

Through its FAMILY Coaching Framework, SWB creates a welcoming and inclusive environment, blending structured activities with informal opportunities for connection and growth.

SAFE SPACES

A proactive culture of safety, reinforced by guiding mantras and trauma-informed practices, ensures that participants feel secure, valued, and empowered to thrive.

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ACTIVITIES HELD
ACROSS SWB*



*FY2024



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SUPERHERO!**
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TODAY!**

