

Start a Chapter — Be the Reason She Finds Hope

At The Girl After, we believe that one chapter can change everything. When you start a chapter at school or in your community, you create a space where girls in recovery from eating disorders and mental health struggles feel seen, loved, supported, and save lives — one girl at a time.



What You'll Accomplish

- **Create a legacy of hope.** Your chapter will keep making an impact, long after you've moved on.
- **Be part of a national mission.** Help us build chapters in every state and community, so no girl ever feels alone in her struggle.
- **Grow as a leader.** Inspire others, gain advocacy skills, and make a difference that lasts beyond volunteer hours.



How to Start

- ✓ **Apply now.** Fill out a short form and share your vision.
- ✓ **Meet with us.** We'll guide you, answer questions, and help you get started.
- ✓ **Get your starter kit.** We'll provide digital resources, templates, and ideas for your first events.
- ✓ **Lead the change.** Host meetings, run projects and make healing possible — one girl, one story, one chapter at a time.

Start Your Chapter — Click Here to Apply!

Questions? Reach out at [your email] — we're here for you.