



@changingtidesfoundation

HELP US INCREASE
OUR IMPACT



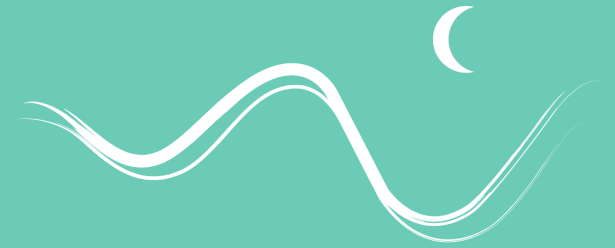
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TESTIMONIALS

*"The ocean is a place where I can
feel free and be myself"*

*"I love the ocean because it offers
me so many things, a healthy
body, I can swim and surf"*

*"The surf is something that I love
because I can express what I feel
and I do it with love and when we
do things with love, everything
works out."*



CHANGING TIDES
FOUNDATION

**Empowering teen girls
through mentorship and
education in surfing and
skating.**

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\$15k

WOMP



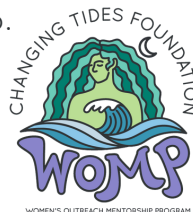
CHANGING TIDES FOUNDATION

The Women's Outreach Mentorship Program (WOMP) empowers underserved girls locally and internationally through mentorship, education, and community in surfing and outdoor sports.

Benefits:

- **Mental health:** Surf therapy and ocean time build friendships and well-being.
- **Physical health:** Surf skills boost fitness and confidence.
- **Empowerment:** Girls gain body confidence, self-awareness, and joy in the water.
- **Nature connection:** Ocean experiences inspire environmental leadership.

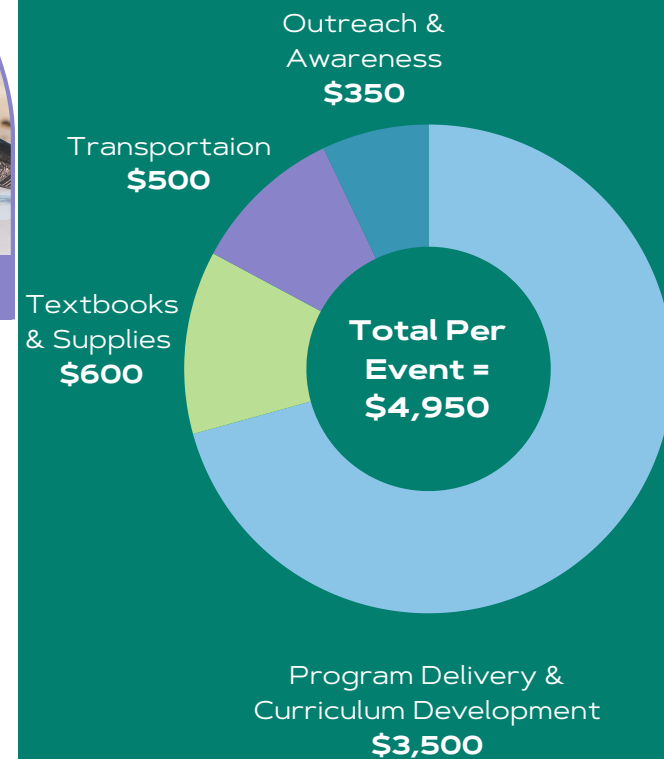
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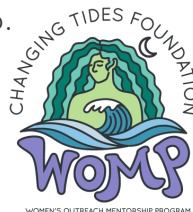
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