

Girls Circle



Summer 2014

Girls Circle aims to foster self-esteem, help girls maintain authentic connections with peers, and allow for genuine self-expression through verbal sharing and creative activity. Girls are encouraged to develop true relationships and friendships by promoting understanding, non-judgment, honesty and respect in order to support each other through life experiences.

Girls are encouraged to express themselves through creative or focused activities such as role playing, drama, journaling, poetry, dance, drawing, collage, clay and so on. Gender-specific themes and topics are introduced which relate to the girls' lives such as being a girl, trusting ourselves, friendships, body image, goals, sexuality, drugs, alcohol, tobacco, competition, and decision-making.

**To register for Girls Circle, please call
Mental Health Services for Children and Youth (Centralized Intake) at
905-451-4655**

Girls Circle – Relationships with Peers (15-17 year olds)

This program is designed to enhance girls' awareness of their relationships with themselves and others. Girls will discover different ways of expressing themselves; learn how to accept themselves for who they are; express their feelings; build healthy relationships; and deal with conflict. Journaling, role playing, sculpting and more are used to engage girls in this program.

Location: Peel Children's Centre
85A Aventura Court, Mississauga, ON

Days: Monday, Tuesday, Wednesday, Thursday, Friday

Date: July 14th – 18th **or**
July 28th – August 1st

Time: 1:00 – 4:00 pm