

Groups for Girls



Girl groups aim 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, drama, dance, drawing, collage, clay, and so on. Gender specific themes and topics are introduced which relate to the girl's lives, such as being a girl, trusting ourselves, friendships, body image, goals, sexuality, drugs, alcohol, tobacco, competition, and decision-making.

To register or for further information, call Mental Health Services for Children and Youth at **905-451-4655**.

Go GRRLS Club (11 – 13 year olds)

This program prepares pre-adolescent girls for the transition to adulthood by addressing critical tasks for their healthy development. Girls will explore gender-role identity, body image and positive self-image, peer relationships, decision making and sexuality. Activities, games, role plays, discussion, and arts and crafts are used to actively involve girls in this program.

Location: 85A Aventura Court
Mississauga, ON

Days: Monday, Tuesday, Wednesday, Thursday, Friday

Date: July 16th – July 20th
or
July 30th – August 3rd

Time: 1:00pm – 4:00pm

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

This program is designed to enhance girl's 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 use to engage girls in this program.

Location: 85A Aventura Court
Mississauga, ON

Days: Monday, Tuesday, Wednesday, Thursday, Friday

Date: July 23rd – July 27th

Time: 1:00pm – 4:00pm

Girls Circle – Wise and Well (15 – 17 year olds)

Teen girls are literally bombarded with potential risks to their safety in all areas of their lives – whether it is living in the technological age of cyberbullying, sexting and online predators or dealing with binge drinking and marijuana use. During this program girls will walk through the common 21st century risks with discussions and activities that inspire eyes wide open, minds sharp and hearts willing to step up to leadership of their own health and safety. Journaling, role playing, sculpting and more are use to engage girls in this program.

Location: 85A Aventura Court
Mississauga, ON

Days: Monday, Tuesday, Wednesday, Thursday, Friday

Date: August 13th – August 17th

Time: 1:00pm – 4:00pm