



Girl Groups - Summer 2015

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 girls' 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** (Centralized Intake) at 905-451-4655.

Go Grrls Summer Camp (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: Peel Children's Centre, 85A Aventura Court, Mississauga, ON
Days: Monday, Tuesday, Wednesday, Thursday, Friday
Date: July 13 – 17, 2015
or
July 27 – 31, 2015
Time: 1:00 pm – 4:00 pm



Girls Circle Summer 2015

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, drama, 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.



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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 6 – 10, 2015
or
July 20 – 24, 2015
Time: 1:00 pm – 4:00 pm