



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 activities. 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 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 playing, 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 11th – July 15th, 2016
or
July 25th – 29th, 2016
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 and 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 4th – 8th, 2016
Time: 1:00pm – 4:00pm