



# Girls Incorporated of Durham

## BEGINNING MAY 13, 2009

7:00pm—9:00pm

For girls 13+ years of age

A place where your opinion counts, where you can ask questions, explore and have lots of FUN!  
Come and join us for fun exciting activities.



### **Living Safe & Strong**

Girls learn to lead safer lives by developing skills and strategies for self-defense, including physical techniques. Girls also learn how to seek out and talk to caring adults about personal violence and to advocate against gender-specific violence issues.

- May 13th: Introduction to Living Safe & Strong
- May 20th: Focus Group at POWE office in Whitby
- June 10th:
- June 24th: Each week girls will be introduced to new ideas and
- July 8th: concepts in order to build their minds, bodies and
- July 22nd: spirits!
- Aug. 12th: We will practice self-defense strategies and
- Aug. 26th: physical techniques at the same time as
- Sept. 9th: celebrating our own personal strengths!
- Sept. 23rd: Girls will examine the issue of violence against
- Oct. 7th: females and move towards advocating around
- Oct. 21st: female violence prevention.
- Nov. 4th:
- Nov. 18th: Final Week—Presentation and Graduation Ceremony—  
all parents, guardians and siblings are invited.

# GirlZone!

For more information about GirlZone and  
Girls Incorporated of Durham, please contact the office at:  
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Cost: \$5.00 per session  
FREE for Girls Inc. Members  
**JOIN NOW!**