



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 concepts in order to build their minds, bodies and spirits!
- July 8th:
- July 22nd: We will practice self-defense strategies and physical techniques at the same time as celebrating our own personal strengths!
- Aug. 12th
- Aug. 26th
- Sept. 9th
- Sept. 23rd: Girls will examine the issue of violence against females and move towards advocating around female violence prevention.
- Oct. 7th
- Oct. 21st
- 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:

Girls Incorporated of Durham
1- 398 Bayly Street West
Ajax, ON L1S 1P1

Tel: 905 428-8111 Fax: 905 428-9992
Email: lcurlley@durham.girls-inc.org
www.girlsinc-durham.org

Cost: \$5.00 per session

FREE for Girls Inc. members

JOIN NOW!