



Inspiring all girls to be strong, smart, and boldSM

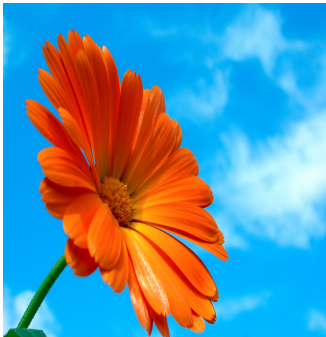
Girls Incorporated of Durham *Girls Link*

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Girls Incorporated of Durham has successfully operated gender based programs in Ajax and Pickering for 24 years. A steady stream of new partners and referrals supports its need in the community. Teachers, health professionals, social service professionals, caregivers and others regularly refer girls to our mentoring and skill based programs.

Girls Inc. programming clearly focuses on the needs of girls with the intent of making a difference in their lives. Our programs for girls centre on self-reliance and life skills, careers and life planning, health and sexuality, leadership and community action, culture and heritage, as well as sports and adventure. Our group programming provides activities and learning opportunities designed to increase self esteem, build skills and foster competence for girls aged 6 – 18.

Building on the Girls Inc. "Taking the Lead" study published in 2000, The Supergirl Dilemma is a nationwide survey, commissioned by Girls Inc. and conducted by Harris Interactive, which

provides important insights into girls' lives today. Girls spoke out about the mounting expectations they face from family, peers, and educators as they struggle to decode confusing messages from the media and reject traditional gender stereotypes. Calhoun Research and Development of Shédiac, New Brunswick carried out a literature and statistical review on the situation of girls in Canada today, for The Canadian Women's Foundation. Their report suggests a strong connection between low self-esteem/dissatisfaction with life and involvement in behaviours that put oneself at risk, in particular, the use and abuse of alcohol and drugs, smoking and early sexual activity. The literature suggests that girls, in general, have a strong sense that they are less valued by society than boys. As one author writes, "Girls live with the pervasive sentiment that they are not as important as boys." Especially as girls approach adolescence, and become increasingly aware of the devalued status of women in the world around them, this contributes to a loss of self-esteem that triggers a spike in

depression and for some girls, self-destructive behaviours and eating disorders.

Girls Inc. believes that girls can do anything, but our new study indicates that girls feel pressure to do everything and please everyone. We involve the girls in our programs with our programs. We use their input to improve what we have done and build something better. Our volunteers and mentors are a valuable resource and are acutely in tune with the needs of the girls they work with on a regular basis, and provide valuable input. As such, Girls Incorporated of Durham is in the planning stages of implementing focus groups across Durham Region to actively listen to girls in Durham Region, finding out their concerns, their expectations and future goals. We are looking for your voice to help us provide the much needed programs in your community. If you are interested in being part of this process please contact our office. Together we can make a difference!

Yvette Nechvatal-Drew

I know my rights!



I have the right to be myself and resist gender stereotypes.

To express myself with originality and enthusiasm;

To take risks, to strive freely, and take pride in my success;

To accept and appreciate my body;

To have confidence in myself and to be safe in the world;

To prepare for interesting work and economic independence.

www.girlsinc-durham.org

905-428-8111

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I/we would like to contribute to the "Support a girl campaign as a monthly donor of \$_____

I/we would like to "support a girl" to attend an After School Program at \$15/month

I/we would like to "support a girl" to attend a March Break/Summer Program at \$20/ month

I/we would like to make a one-time donation in the amount of \$_____

Name of Recognition _____

Address _____ Phone _____

My cheque payable to: Girls Incorporated of Durham is enclosed

Please charge my Visa Card

Visa Number _____ Expiry Date _____

Monthly payments for the amount of \$_____ on the _____ (date of each month)

4th Annual Girls Day Out!

- was a great success, raising \$14,000!

Our 4th Annual Girls Day Out was a great way to spend a day; filled with memories, knowledge, fun and laughter. This year's turnout was our best year yet, with over 150 moms, daughters, sisters and girlfriends all coming out to enjoy the day. All proceeds raised from the event will go towards funding programming for Durham girls.

The Girls Day Out included many fabulous courses, such as: Tai Chi 101, expertly facilitated by the Taoist Tai Chi Society's Whitby Club; Jewelry making with Tara Bergeron from Soul Xpression; and the very popular chocolate making with Margaret Campbell from That Chocolate Shop by the Lake, just to name a few. The fabulous day also included inspirational speaker Bonnie Fraser, Joanne Shields from Star Fish Learning Inc. returned as our guest Principal for the day. Some creative vendors were on hand to sell and display their unique wares and services.

The day was a huge success raising \$14,000. Many thanks to our Gold Sponsor ,HM Management Practices Corporation and to Volkswagen Canada, Ontario Power Generation, Rogers & Company, Univeris, The Village of Brooklin, Ivara, Money Concepts and Parker Pad for their generous sponsorships.

If you would like to be a corporate sponsor for next year's event or sponsor a class please contact Maureen Pryce at 905-428-8111. This is always an inspirational day, and we look forward to seeing everyone again next year!

Gold Sponsor:



HM MANAGEMENT PRACTICES CORP.

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**ONTARIO POWER
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Operation SMART®

"Inspiring all girls to be strong, smart, and bold"

March Break Camp

Are you a girl between the ages of 9-12 years old?



Our March Break camp offers unique "minds-on/hands-on" experiences for girls. It is a fun, interactive program in which girls get to figure out how things work, take things apart and rebuild them. Lots of fun and exciting experiments:

- ~Outrageous Ooze
- ~Making a battery
- ~Building volcanoes
- ~Silly putty

These are just a few of the great activities that introduce girls to science, math and technology all while having fun!

WHEN: March 10th to 14th 2008

TIME: 9am-4pm

Where: Girls Incorporated of Durham 398 Bayly St. West Ajax

COST: \$99.00 includes all program materials



For more information and to register call
Girls Incorporated of Durham (905) 428-8111 or visit our
website www.girlsinc-durham.org



'Our country is vast and it is blessed with a wealth of colours and the varied music of its tongues and accents'.

— The Right Honourable
Michaëlle Jean
Governor General
of Canada

Volunteers Needed!



Ways You Can Help!

- | | |
|-------------------------|---------------------|
| Mentor to a Girl | Event Volunteer |
| Mentor to a Teen Mom | Board of Directors |
| Mentor for a Day | Committee Volunteer |
| Group Program Volunteer | Bingo Volunteer |

Contact Girls Inc. today at:
(Tel) 905 428-8111
Email lcurlley.durham@girls-inc.org

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Committee Members

Jenifer Merifield

Karen Danylak

Catherine Evans

Amanda Watts

Darlene Vergel-de Dios

Wendy Bedwell

Our Staff

Executive Director:

Yvette Nechvatal-Drew

Mentoring Coordinators:

Linda Curley

Andrea Endicott

Melanie Witney (outreach)

Program Coordinator:

Tracey McCannell

Development Coordinator:

Maureen Pryce

Administrative Assistant:

Connie Young

Program Support Worker/ ECE:

Kristina Stanley

Student Interns

Laura Hale

Nevrene Lindo

Michelle Lizardo

Jamie O'Brien

Shauna Peckham

Sabrina Sonser



Pancake Breakfast at Purplewoods Conservation Area!

March 15th and 16th

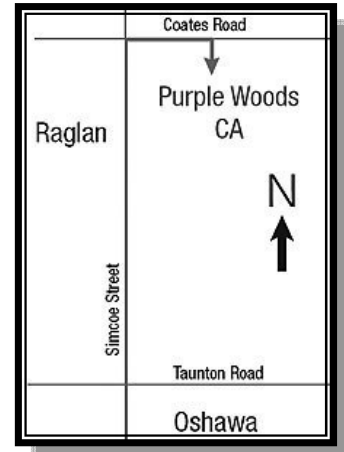
10:00am—2:00pm

To help Girls Inc. raise funds for girls
programming in Durham

Adults: \$4.50—3 pancakes and beverage

**Children: \$3.50—2 pancakes and
beverage**

Park Admission/parking additional cost.



We're on the web!
www.girlsinc-durham.org

Thank you Student Interns!

The staff of Girls Incorporated of Durham would like to take this opportunity to thank all of the wonderful student interns from this past year. Your dedication and commitment to the programs and services offered is amazing and you will all be very missed! We wish you much happiness and success in all of your future endeavors. Thank you to Jamie, Laura, Michelle, Nevrene, Sabrina, Shauna and Zoe.

Our Email Addresses

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