



Inspiring all girls to be strong, smart, and boldSM



WINTER 2010

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United Way of Durham Accredited Agency

GIRLS INCORPORATED® OF DURHAM

GIRLS LINK

FROM THE DESK OF THE EXECUTIVE DIRECTOR

As Anti-Bullying week approaches, it is the perfect time to take the opportunity to help young girls become aware of and prevent hurtful behaviors. Girls Inc. will be holding an anti-bullying program for girls in the Durham region on the Friday November 19th, 2010 P.A. Day at locations in Pickering and Whitby.

"Allies in Action" is a program for girls ages 6 to 13 that makes them aware of the stereotypes and conflicts that can arise between one another, and how to deal with these types of situations. Throughout the program they will learn the tools and strategies to not only identify aggressive behaviors, but to

overcome them as well. They will develop effective communication skills and learn how to deal with conflict resolution.

A study done in 2004 by the Durham District School Board showed that 16% of girls reported feeling unsafe at school, that is approximately 3,500 female elementary students. Bullying has serious harmful effects, especially on young girls. Anxiety, depression, poor body image, eating disorders, self-mutilation and early experimentation with drugs and alcohol are just some of the direct factors that are caused by being bullied in school.

With the theme for 2010 Anti-Bullying week being "Taking Action Together" it is important to teach young girls how to work together and be allies, rather than be divided. Girls Inc. is dedicated to helping young girls surpass the unhealthy, hurtful behaviors they are dealing with now or may come across in the future. To learn more on how you can invest in a girl and help us provide programs to help girls to have confidence in themselves, take pride in their successes and become our future leaders, please contact me at 905-428-8111 ext. 24 or go to www.girlsinc-durham.org and click on the *Donate Now* logo.

Yvette Nechwatal-Drew

A gift that keeps giving.....

Go to our website www.girlsinc-durham.org for registration information

Shop & Support Girls Inc.



To order call 905-428-8111 ext. 24

Use Gift Cards like CASH!

I bought theatre gift cards (20% return), restaurant gift cards (10% return), Gas cards (5%) and Grocery gift card (3%) and help raise over \$50 for Girls Inc. by spending the same amount of money I usually do in a week. This was a great way for us to contribute to our community during these hard economic times and help teach our children the importance of thinking of others this time of year. My daughter felt so great about giving back to Girls Inc. While shopping for her friends and family this holiday season. *Marie*

All proceeds from this year's SHOPATHON will go to support the United Way of Durham. I was excited to participate in the Girl Inc. SHOPATHON. This was a great way to do my everyday shopping and help Girls Inc. raise funds at the same time. I encouraged my family and friends to buy gift cards from over 250 of their favourite retailers and they in turn would give up to 15% of the value of our purchases back to Girls Inc.

UPCOMING GIRLS INC. PROGRAMS

WINTER 2010/2011 PROGRAMS

Girls Incorporated® of Durham
INSPIRING ALL GIRLS TO BE STRONG, SMART, AND BOLD™

FALL/WINTER 2010

PROGRAMS

- GirlSpace
- Beacon Street Girls
- PA Day Programs
- March Break Camps
- GirlZone
- MoneyTalks Workshop
- Girls Inc. 101



girls inc.
Inspiring all girls to be strong, smart, and bold™
www.girlsinc-durham.org

Coming soon:
Check out our website at www.girlsinc-durham.org
for our 2010 /2011 Winter Program Catalogue

Some exciting programs this winter include:

- ◆ GIRLZONE/ GIRLSPACE
- ◆ PA DAY PROGRAMS (BULLYING PREVENTION)
- ◆ ECONOMIC LITERACY WORKSHOPS

GIRL INC. LUCILE MILLER WRIGHT 2011 SCHOLARSHIP OPPORTUNITIES

The Girls Inc. National Scholars Program is funded through a generous bequest from Lucile Miller Wright, a visionary and long time supporter of Girls Inc. and young women. Since 1993, the Lucile Miller Wright Scholarship Program has awarded \$2.58 million to 413 young women throughout Canada and the US.

Over the past five years Girls Incorporated of Durham participants have received \$54,500 to pursue their educational goals and help them to reach their dreams. We believe that all girls have the right to be prepared for interesting work and economic independence!

Deadline for submission is December 1, 2010. To learn more about Girls Inc. International Scholarship Program please contact Tracey McCannell at tmccannell@durham.girls-inc.org

VOLUNTEER FEATURE



Emma Connor
Girls Incorporated of Durham
Volunteer

Emma Connor has been a volunteer with Girls Incorporated of Durham since July 2010 but she has had a big impact on Girls Inc. She is always ready and willing to work wherever she is needed. Emma has volunteered on so many different levels from data entry in the office, program support, sitting on our Advocacy Committee, helping secure a vehicle for our Santa Claus Parade float and program delivery starting in January 2011. Emma is always eager to lend a hand and is a strong advocate for girls' rights. Her enthusiasm, humour and work ethic are greatly appreciated and we are honoured to have her as part of our Girls inc. team.

Thank you Emma for all you have done to help us inspire girls to be strong, smart and bold!

We want to welcome Cathy Feil, Amanda Bailey and Michelle Osbourne to the Board of Directors. If you have a story to share how you or someone you know made a difference please forward it to info@durham.girls-inc.org

ECHOAGE

A gift that keeps giving.....

This is a thoughtful birthday party solution based on the idea of 'One Gift, One Cause' that adds more meaning into birthday party celebrations while reducing the environmental footprint at the same time.

Instead of bringing wrapped and packaged presents, guests simply RSVP online and make secure contributions that are pooled for the purchase of ONE memorable gift and support ONE meaningful cause, such as Girls Inc.

This was a great way for us to contribute to the development of healthy girls while eliminating the commercialism of birthday parties. "My daughter felt so great about giving back to Girls Inc. An ECHOage birthday party is a unique opportunity for you and your child to do something extraordinary: to improve the world—together". *Renata*

Find out how to ECHOage your child's next birthday party by visiting www.echoage.com



GIRLS INC. CHEER



**We're Loud,
We're Proud,
We don't obey the crowd!**

**We're Girls,
Who jump,
To make our heart rates pump!**

**Take Risk,
Explore,
Find out Math's not a bore!**

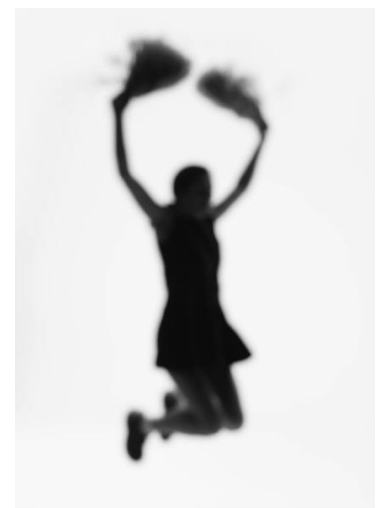
**We Block,
We Hit,
We work hard to be fit!**

**Our Minds,
And Souls,
Feel good when we reach goals!**

**Ask How?
Ask Why?
Don't stop till they reply!**

**Girls Inc.,
We're sold!
We know we're STRONG- SMART -BOLD!
(Repeat Strong, Smart, Bold X 5)**

By Jen Nash©2008



WISH LIST

If you or your company can help, we welcome items new or gently used in good working order.

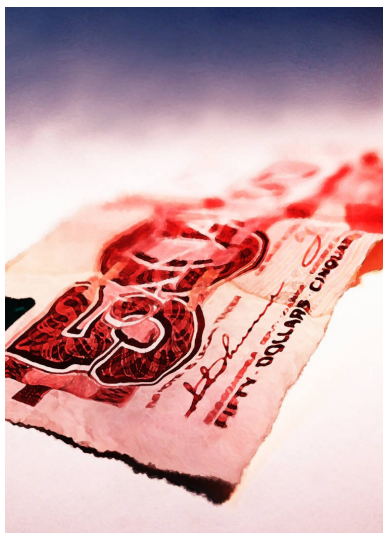
We are looking for the following items:



- | | |
|--------------------------------------|------------------------|
| √ Coloured markers, pens and pencils | √ Digital video camera |
| √ Construction Paper | √ DVD player |
| √ Glue Sticks | √ LCD projector |
| √ Safety scissors | √ Pull down screen |
| √ Stickers | |

Please contact Tracey at 905-428-8111 ext. 22 or Email at tmccannell@durham.girls-inc.org

MONEY SENSE ! PROGRAM

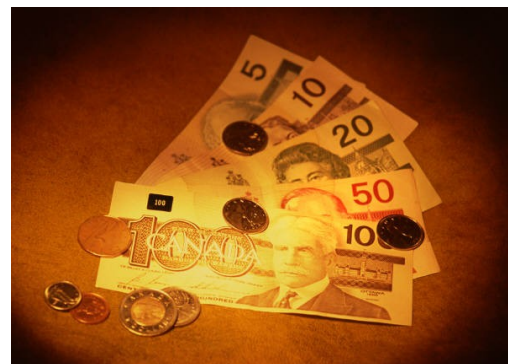


Economic literacy is an essential skill that is often overlooked in the elementary school curriculum. No matter what type of financial background a girl is raised in, it is likely she will eventually be responsible for her own financial well being. It is extremely important that young women know how to manage money, invest and develop the skills needed to be economically independent. On Saturday November 20th, 2010 Girls Inc. will be having a family financial literacy workshop for girls ages 9 to 14 and their parent, guardian, grandparent or mentor. Great timing for the upcoming holiday season and explore the risks to over spending.

"Money Talks" is a program dedicated to adults and young girls alike. Adults will explore the strategies and messages they have received about money throughout their life, and how these factors have influenced their budgeting and spending habits. Girls will have the opportunity to learn how to use basic economic concepts for making decisions about saving, sharing and making money. They will gain an understanding of how to take control of their finances and appreciate the ef-

fort that parents or guardians put in to be able to provide for them. Registration is available on the Girls Inc. [website](#) or by calling 905-428-8111 ext. 22.

Having a clear knowledge of money and finances will allow girls to enter the workforce with a proper attitude towards savings and budgeting. They will be able to focus on proper investments and obtain a stable and established lifestyle. As the economy moves up and down, young girls and their families have the opportunity to learn how to make smart, beneficial choices through this workshop.



We want to hear from you!

If you have a story to share how you or someone you know made a difference please forward it to us at info@durham.girls-inc.org

GIRLS DAY OUT! FUNDRAISER

Save the Date
For Our 7th Annual

Girls Day Out!

play day FUNdraiser

Saturday March 26, 2011
8:30 am - 4:00 pm



A full day of fun that will challenge and inspire your mind, body and spirit!
Register today only \$100 before March 1st and \$125 after

IN SUPPORT OF



Girls Incorporated® of Durham
Inspiring all girls to be strong, smart and boldSM
www.girlsinc-durham.org

An excellent gift for the upcoming holidays....

Our Annual Girls Day Out fundraiser is a great way to spend a day being Strong, Smart, and Bold. You'll create wonderful memories filled with fun and laughter while you learn a new skill or activity.

Creative vendors will be on hand to sell and display their unique wares and services, and our Silent Auction and Raffles are exceptional.

Bring your moms, daughters, sisters, and girlfriends (over 19 years of age) to come out to enjoy the day.

All proceeds raised from this event fund Girls Inc. programming for Durham girls.

GIRLS INCORPORATED® OF DURHAM

1-398 Bayly Street West,
Ajax, Ontario L1S 1P1

Phone: 905-428-8111 Fax: 905-428-8992
Email: info@durham.girls-inc.org
Charitable Number: BN11880 9268 RR0001

CHECK US OUT AT

WWW.GIRLSINC-DURHAM.ORG
**Vision:**

Empowered girls living in an equitable society.

Mission:

Girls Incorporated of Durham empowers girls to believe in themselves and reach their full potential. We inspire all girls to be Strong, Smart, and Bold through advocacy, education, and programs.

BOARD OF DIRECTORS

Hazel Mealey
Cathy Feil
Carolyn James
Tim Doran
Lurlene Anderson
Michelle Osbourne

Shawna Martin
Pam Little
Cheryle Schindler
Norah Carmichael
Amanda Bailey

PROGRAM STAFF

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yndrew@durham.girls-inc.org

Program Coordinator: Tracey McCannell
tmccannell@durham.girls-inc.org

Program Facilitator: Jen Nash
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Development Coordinator: Susan Howells
showells@durham.girls-inc.org

Volunteer Coordinator: Allison Fernandes
afernandes@durham.girls-inc.org

Administrative Assistant: Connie Young
cyoung@durham.girls-inc.org



GIRLS INC. CALENDAR

NOVEMBER

5th –PA Day Program
10th—GirlZone Program Begins
13th— Ajax/Pickering Santa Claus Parade
16th Girls Inc 101 session
19TH –PA Day program
20th “Money Talks” workshop

DECEMBER

8th– GirlSpace Program begins
24—31 Office is closed for Holiday season

JANUARY

5– GirlSpace Program begins
18– Girls Inc 101 Session at 7:00pm

FEBRUARY

2nd– GirlZone Program begins
15th Girls Inc 101 Session at 7 pm
24-31 Office is closed for Holiday season

MARCH

2nd – GirlSpace Program begins
14 - 8 March Break program
26th Girls Day Out! Fundraiser

HOW CAN YOU HELP GIRLS INC?

Our programs are made possible by the generous support of incredible friends like you. Help us continue to grow and strengthen the scope of our work, and ensure that we are reaching the girls that need us most.

You can make a difference in the life of a girl in our community. Please read further to see the many ways you can give to Girls Inc. of Durham. THANK YOU for your generous support!



Donations can be made in person, by mail or on-line through www.canadahelps.org — search for Girls Incorporated of Durham.

You can also support our programming when you shop (Shop & Support); giving an ECHOage birthday party; or by taking part in the

Support-A-Girl campaign.

PARTICIPATE IN FUNDRAISING ACTIVITIES AND EVENTS

Mark your calendars to attend and support us at our fundraising events such as Girls Day Out!, and Golf Tournament. Check out our website under “Special Events” at www.girlsinc-durham.org for dates and times. If you have an idea for a new fundraising activity, or if your business would like to participate in an event, please contact Susan Howells at showells@durham.girls-inc.org

VOLUNTEER

Make a difference in the lives of young girls by volunteering with Girls Inc. We’re always looking for board and committee members, program, event, and fundraising volunteers. Contact Yvette at yndrew@durham.girls-inc.org to learn how you can help empower girls in Durham.

MEMBERSHIP

Become a member today for an annual fee of \$35 and receive free registration to GirlSpace & GirlZone programs, scholarship opportunities, a subscription to Girls Link, and 20% discount on extra programs (March Break, PA Days and Summer Camps).