

# Each Day Something New

9:00 a.m.- 4:00 p.m.

CIT

Counsellors in Training (13-16yrs)

- **Group Work**
- Self-Confidence
- Independence
- Friendship

Our Camp provide a place for youth to make lasting friendships and have fun!

For girls 6-12 years old

#### **Allies in Action**

Build self confidence, self esteem and addresses topics such as bullying.

#### **Operation SMART**

Explore science, engineering, and technology while making gooey experiments & figuring out how things work.

#### **Leadership & Community Action**

Learn how to make a difference with issues that are important to you.

### Mind+Body

Taking a whole body approach to self esteem looking at body image, nutrition, healthy stress management, and physical activity.

## **Cost \$140 for members \$175 for non-members**

For more information contact
Tracey McCannell Director of Programming
905-428-8111 ext 222
tmccannell@durham.girls-inc.org



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