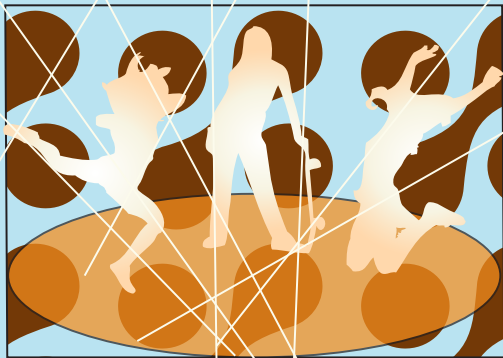


GO GIRL!

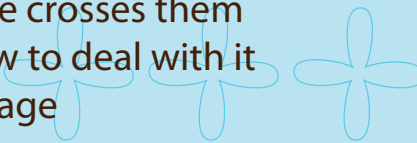


Go Girl Is a FREE 4-day workshop at the Nanaimo Women's Resource Centre that is designed especially for girls aged 11-14.

If you think your summer is missing something fun, this is your ticket to a jam packed week of awesome times!

Along with gardening, dancing, healthy cooking lessons, art, and crafts, girls will learn about:

- *Goals, and how to achieve them
- *Personal boundaries, and how to make sure no one crosses them
- *Bullying, and how to deal with it
- *Positive body image





When is Go Girl happening?

Week #1:

July 5th – July 8th 9:30 am until 4:00 pm

Week #2:

July 12th – July 15th 9:30 am until 4:00 pm

Week #3:

July 19th – July 22nd 9:30 am until 4:00 pm

Week #4:

Aug 3rd – Aug 6th 9:30 am until 4:00 pm

Week #5:

Aug 9th-Aug 12th 9:30 am until 4:00 pm

Week #6:

Aug 16th -Aug 19th 9:30 am until 4:00 pm



Each day will be lead by experienced facilitators. A balanced lunch and snack will be provided. Don't hesitate to sign up, as spots will be filled up quickly.



If you have questions,
or would like to register, please visit us at
285 Selby or email: gogirl@nanaimowomen.com
or call the Nanaimo Women's Resource Centre at
250-753-0633.