

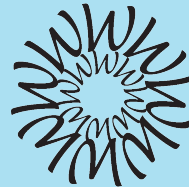
Did you notice any changes in the behavior of the participants?

“The most noticeable change for me was how the girls instantly walked taller, talked more and smiled more. I have told this to many people because it was such an instant and drastic change.”

Kelly Piles

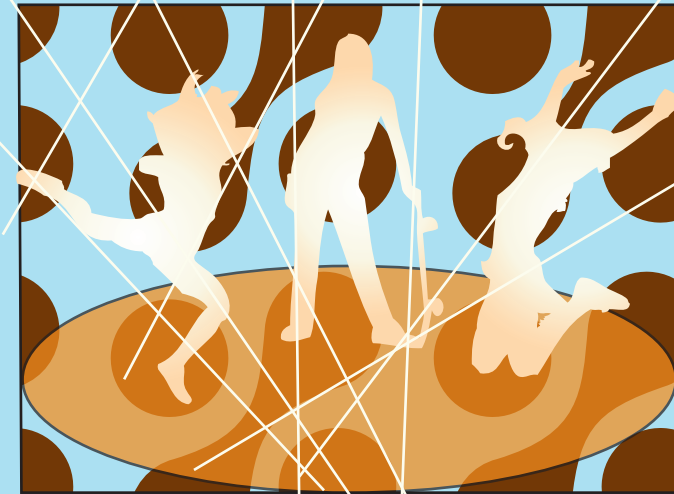
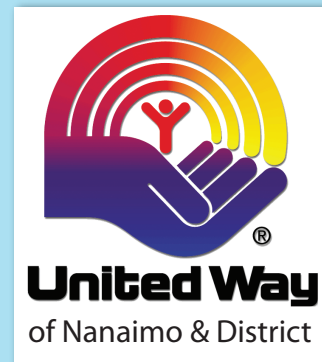
Boys and Girls Club Centre Director

285 SELBY STREET
NANAIMO, BC V9R 2R2
PH: (250) 753-0633
FAX: (250) 753-9506
EMAIL:
gogirl@nanaimowomen.com



NANAIMO WOMEN'S
RESOURCES SOCIETY
women helping women

This program is made possible by the gracious support of the United Way of Nanaimo and District.

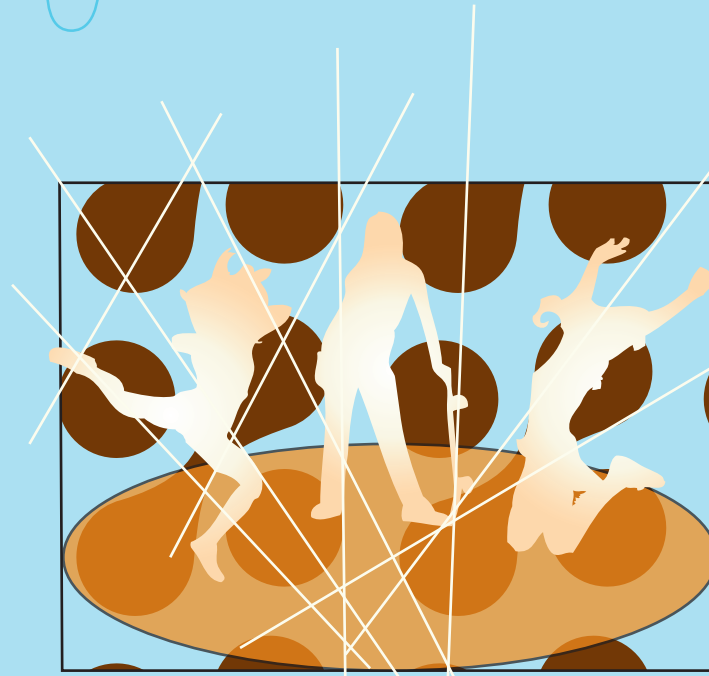


Go Girl
For girls
aged 11-14
Fun workshops
about
healthy boundaries
and achieving
short and long
term goals.



GO Girl!

“Go Girl” is an informative fun workshop series, which help educate girls about decision making and boundary setting. Girls benefit from additional support to help them transition from elementary school to high school. Workshops are offered free of charge with an experienced facilitator.



Activities

Healthy Cooking
Creative Dance
Beading and Painting
Discussion and Games
Gardening
Art

Objectives

Goal building,
goal setting

Positive Body image

Identifying obstacles
and achieving goals

Dealing with
uncomfortable
situations

Communication
tools

Knowing personal
boundaries

Information and lesson plans are available by contacting the Nanaimo Women's Resource Centre.

Contact Hannah or Heather at 250-753-0633 • gogirl@nanaimowomen.com