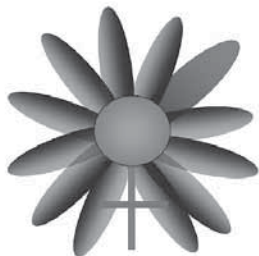


THE POWER OF BEING A GIRL



The Kamloops Community YMCA-YWCA is pleased to present **The Power of Being a Girl** conference for girls aged 12 years to 14 years. This sixth annual one day conference, on October 12th, 2011 is planned by Girls for Girls. The Power of Being a Girl conference allows girls to learn ways to face the challenges of growing up. Being a girl can be powerful and the interactive workshops will explore healthy ways girls can find, keep, and share that power. Participants can register through the Kamloops Community YMCA YWCA. For registration and more information please call 372-7725 or 554-9622. Registration for this no cost event begins September 1. Conference Registration ID #5116

WORKSHOPS

Girls can choose two workshops – one in the morning and one in the afternoon.

MEDIA BUSTING

Course 5117 (am) • 5118 (pm)

Come explore how media influences our view of ourselves. We will examine how body image issues develop, and how we can immunize ourselves from societal pressure. Barbie will be making an appearance in this creative, arts-based workshop.

THEATRE FOR CHANGE

Course 5119 (am) • 5120 (pm)

In this workshop, participants will be invited to use theatre to challenge stereotypes, walk in another girl's shoes, and ultimately find empowerment in their own experiences.

TOOL BOXES FOR LIFE

Course 5123 (am) • 5124 (pm)

Help understand and empower your creative right brain brilliance to reduce stress, gain clarity and feel good about yourself.

ART AND WRITING FOR GIRLS

Course 5125 (am) • 5126 (pm)

Come explore yourself and being a girl with art. This is an interactive workshop for everyone – you don't have to be an artist or a writer to learn how to be yourself through art!

AFRICAN DANCE AND BELLY DANCING

Course 5121 (am) • 5122 (pm)

Come celebrate the beauty of being a girl with this opportunity to learn dance styles from around the world.

To sponsor a girl go to kamloopsy.org or call 250-372-7725

or mail your cheque with the form below

Yes, I would like to **Sponsor** a Girl to attend the **Power of Being a Girl Conference**

Number of sponsorships _____ at \$25 for a total \$ _____

Yes, I would like to support the Power of Being a Girl Conference with a donation of \$ _____

Name: _____

Address _____

City _____ Postal Code _____

Phone Contact _____

Code: GIRL

Issue a tax receipt? Yes ___ No ___

COMMUNITY SUPPORT

There are opportunities for members of our community to provide support for this excellent development opportunity for girls. Sponsoring a girl, partnering with the Kamloops Community YMCA-YWCA or donating Gifts in Kind are all important ways to help ensure the success of this annual conference. All Sponsor a Girl donations can be made at any Kamloops Community YMCA-YWCA. For partnering with the Kamloops Community YMCA-YWCA or Gifts in kind information please contact Michele Walker at 374-6162

All cheques made payable to the Kamloops Community YMCA YWCA. Visa, MasterCard and Interact payments accepted at the Downtown and Northshore YMCA YWCA locations. Payments can be made by mail, by phone or in person. All donations accepted; tax receipts issued for donations over \$10.00

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

kamloopsy.org

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