



Girls Circle

Girls Circle is a safe and supportive space for individuals in grades 5 and 6, who identify as female. This program will help strengthen confidence and promote self-esteem by encouraging girls to voice their ideas and opinions in a safe environment. Participants will have the opportunity to:

- Develop authentic connections with their peers
- Build social-emotional skills
- Gain a positive body image

Group members will be guided through facilitated conversations and express themselves through activities like journaling, drama, poetry, movement, and art. Themes include:

- Friendship
- Body image
- Communication
- Conflict
- Boundaries
- Social media

If you think your child may benefit from Girls Circle, please contact the Family Resource Network for more information.

WHEN: Wednesdays, April 19 to May 24 from 5:30 p.m. to 7 p.m.

WHERE: Glen Allan Recreation Centre

QUESTIONS? Call 780-464-4044
familyresourcenetwork@strathcona.ca

 **STRATHCONA
COUNTY**