



I AM...GIRL



WHAT is this about?

A group of leaders at Sunset Community Centre are teaming up to put on an amazing sleep over event for girls ages 11 to 14 years! This event is about self-esteem, confidence building and leadership. Our aim is to have girls learn to feel good about themselves and each other in a safe environment.

WHAT are we going to do?

The evening will be full of games, activities, mini manicures and improv! We will also participate in an aerobics class, do some dancing, make desserts and complete an empowerment project.

\$10 Registration includes:

Breakfast, Dinner, Snacks & an "I Am Girl" t-shirt

*Please let us know if you are a vegetarian or have specific food allergies when registering.

YOU MUST register at Sunset by **Fri Nov 20** before 4:30pm.

You can register In person at Sunset or over the phone by credit card.

What you need to bring:

- * Wear comfortable clothes and shoes
- * Water Bottle
- * Sleeping bag OR Blanket
- * Other items you may need for a sleepover
(for example, contact case, asthma puffer, etc)
- * Toothbrush & Toothpaste
- * Pillow
- * Pajamas

Consent & Waiver form MUST be completed and returned to Sunset by **Wed Nov 25**. These forms will be handed out when you register.

★ the LEADERS ★



Jyoti has been an active member of her community and is very keen to start this girl's empowerment program. She

strongly believes that the girls of today need a safe place to be able talk and play without negative pressures.



Hardeep is always willing to put in the extra effort in helping her community and, most importantly, be a positive role model for today's youth.



Sonal is determined to promote a stress-free, violence-free society and hopes to use the knowledge she has obtained to empower female youth in our community.



Cathey has been a positive leader in this community and she is excited to be part of the girls empowerment project at Sunset.



Becca enjoys working with the youth and is looking forward to helping empower the girls in the community.

ORIENTATION

Tues Nov 17 6pm - 7pm at Sunset CC

Here is an opportunity to meet the leaders and ask us any questions you may have about this event!

Drop in anytime between 6 and 7 pm.

There will be light refreshments served. We encourage parents to come with their child to this orientation!

If you cannot make it you can email us your inquiries!

iamgirl@live.ca