



GRANT SUMMARY

MOVING GIRLS INTO CONFIDENCE

Every girl should believe in herself and realize she matters.

Now, thanks to you, more than 10,000 girls across Canada will learn to dream big and realize their full potential.

Your gift to the Canadian Women's Foundation supports thirty one community organizations to deliver innovative girls' programs in fifty-six communities across Canada.

Together, over the next four years, we will invest \$6 million in direct services to girls. In addition, community organizations that work with girls will receive \$1.7 million to improve their organizational capacity-building skills.

You are empowering girls and helping to build a strong network of girls programs across Canada.

Thank you!

OUR APPROACH

Did you know that between the ages of 9 and 13, girls' self-confidence plummets? At the same time, their rates of depression soar.

When girls start school, they are more likely than boys to do well in reading, writing, and forming friendships. But as girls move into adolescence, they often become overwhelmed.

Sadly, more than half of all girls say they wish they were someone else.

Constant exposure to highly sexualized images of women in advertising, music videos, TV, and movies leaves girls feeling anxious and highly critical of their bodies. They are also likely to experience abuse: In Canada, the group at highest risk for sexual assault is girls age 13 to 15.

But thanks to your support, girls across Canada are staying safer in dating relationships, improving their mental health, and successfully navigating adolescence.

Your gift to the Canadian Women's Foundation is invested in community programs that offer girls the right kind of help at the right time (ages 9 to 13). Girls get to explore science and technology, play sports, learn critical thinking skills, work with a mentor, and take on leadership in a supportive all-girl atmosphere.

Because of you, thousands of girls across Canada are learning to take on new experiences with confidence and meet new challenges with courage!

OUR DONORS AND PARTNERS

This work is made possible by the generous support of our donors and partners:

Mentoring for Girls - Founding Donor

Nancy Baron of The W. Garfield Weston Foundation

The Girls' Fund - Founding Partners

Ann Southam Empowerment Fund at Canadian Women's Foundation

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Andrea Miller

Rogers Media

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...and our many individual donors across the country.

Thank you for empowering girls!

NATIONAL

National Girls Program
Actua, *Ottawa*

\$320,000 over 4 years

Network: This national network supports its many members who deliver girls clubs. Their objective is to constantly increase local capacity, fuel innovation, ensure relevance in programming and ultimately reach more communities and more girls with their science, engineering and technology programs. The network grant will enable Actua to significantly grow its girls club model across Canada, drawing on current best practices for engaging girls to develop and deliver essential training and resources for members, by providing a forum for sharing of experiences, building synergy, and ultimately enhancing the overall quality of experiences provided to underserved girls across Canada.

Program: Through this initiative four Actua member sites from across the country are being supported to enhance or expand their girls clubs and girls programming. Building on their learnings from supporting other girls club development, national staff are providing resources and direct support to Superior Science in Thunder Bay, WISE Kid-Netics in Winnipeg, Minds in Motion in Calgary, Destination Exploration in Lethbridge.

Girls Action Network,
Girls Action Foundation, *Montréal*

\$160,000 over 4 years

Network: The goal of this national project is to increase collaboration amongst girls' programs to advance the empowerment of rural, Aboriginal and newcomer girls and girls at risk of sexual exploitation. Member organizations of the Girls Action Network with expertise in these four areas will form four Working Groups to share successful practices, problem-solve among peers, and take action to improve knowledge, programs and resources on these issues. One new issue area will be added each year, and the work from the previous years will continue. Training workshops and webinars on these issue areas will inform and equip girls' programmers to better meet the needs of rural girls, Aboriginal girls, newcomer girls and girls at risk of sexual exploitation. Girls Action Foundation will conduct concerted outreach to increase network participation of groups working in these areas, including Canadian Women's Foundation Girls' Fund grantees.

ALBERTA

The Kainai Aakiikoan (Kainai Girl) Project
Blood First Nation with Canadian Red Cross, *Lethbridge*

\$146,000 over 4 years

Program: The Kainai Aakiikoan Project is a leadership and resiliency project for girls on the Blood Reserve in Southern Alberta. This is a dynamic and positive girl-focused program based on in-school delivery with a strong Blackfoot cultural component. The Kainai Aakiikoan program is designed to allow young girls to learn and apply new skills, experience new activities and discover new support systems to then foster positive decision-making and a healthy lifestyle. It is an asset-based program to build and enhance girls' internal strengths and resiliency while reducing their potential involvement in drugs, alcohol, smoking and family violence. Program activities are designed to strengthen self-esteem and self-confidence and promote wellness and healthy lifestyles. The program will build conflict resolution and stress

management skills, teach empathy and compassion, develop leadership and team building, reduce substance abuse and addiction, and support academic planning and career choices.

Empowered to Achieve: Culture, Confidence, Connection
Calgary Immigrant Women's Association, *Calgary*

\$231,362 over 4 years

Program: This program enhances protective factors in young immigrant girls through an asset-based approach. The girls take part in a variety of activities, including visual arts, drama, music, and dance), workshops on body image, media, and financial literacy, recreational activities, and opportunities to become engaged in the community and take on leadership. As a result, they experience increased self-confidence, stronger critical thinking skills, enhanced leadership abilities, more creativity, and stronger community connections.

Mentoring: Young immigrant girls who live in community housing and/or attend selected schools will be matched with older immigrant girls who can help them adjust to their new culture. Each mentor will offer guidance and support to three girls, during lunch hours or after school.

Media Smarts, Friendly PEERsuasion, and Action for Safety
Girls Incorporated of Northern Alberta, *Fort McMurray*

\$270,000 over 4 years

Program: Girls Inc of Northern Alberta will provide three separate programs that all work together to help girls develop into strong, confident, healthy teens. Friendly PEERsuasion is a substance abuse prevention program for girls that will run in 10 schools across Fort Chipewyan, Anzac, Fort MacKay, and Fort McMurray. This program is curriculum based, running as part of school classes for 18-20 weeks, and incorporates older girls teaching younger girls what they have learned.

Media Smarts helps girls to develop the critical thinking skills they need to wade through the myriad of media messages they encounter. At the end of the program, the girls decide upon a media message and develop a campaign to get their message out, using the skills and techniques learned. It is a 10 - 12 week program, running as part of the school day in 6 locations across Fort McMurray, Anzac, Fort MacKay, and Fort Chipewyan.

Finally, Action for Safety helps girls develop the knowledge, skills and behaviours to protect themselves and increase their personal safety. It will teach them assertiveness and self-defense skills. It will be offered on the weekend for 12 weeks in partnership with Nistawoyou Friendship Centre.

Mentoring: The *Girls Inc. Alumni - Staying Strong* mentoring component will be customized to the unique communities of 5 program sites: Fort Chipewyan, Fort MacKay, Janvier, Anzac and Fort McMurray. Girls will gather weekly at the local community centres/schools to take part in a variety of traditional crafts, arts, skills building and physical activities that increase protective factors, under the guidance of their mentors. Female Elders and adult women from the community will serve as mentors and alumni girls from the previous years will also have the opportunity to join the adults as co-mentors in small groups. Mentoring activities may also include guest presenters, volunteering and day trips.

Girl2Girl
YWCA Lethbridge, *Lethbridge*

\$40,000 over 1 year

Mentoring: The goal of Girl2Girl program is to provide a safe space for girls to build peer-to-peer relationships. Through the mentoring groups they have been matched in, they connect with girls their own age and older teen mentors to discuss adversities, life circumstances and issues they may be

facing. Girl2Girl also focuses on empowering all participants by giving opportunities to voice their opinions on program structure and activities.

BRITISH COLUMBIA

Cleq'melt Aboriginal Girls Group Program
Kamloops Aboriginal Friendship Society, *Kamloops*

\$190,000 over 4 years

Program: The girls groups provide an opportunity for girls to explore their experiences and challenges as well as their strengths and daily-lived realities in a safe and non-threatening environment. Groups are offered in 12 schools and provide an opportunity for Aboriginal girls to laugh, work, learn and play together with their Grandmothers, the Aboriginal professional facilitators and counselors, and older girl role models to reinforce strong female Aboriginal identity and worth. The program aims to increase protective factors for Aboriginal girls within the context of relationships while teaching cultural practices and traditions from a gender equality perspective. Topics include positive relationship building skills and positive ethnic and cultural identity, which serve as protective factors.

Pre-Teen Girls Program
Boys and Girls Clubs of Southcoast BC, *Vancouver*

\$251,000 over 4 years

Program: The goal of the Pre-Teen Girls Program is to support the development of participants' abilities to gain leadership skills, interact more effectively with peers and adults, and make positive choices leading to healthier lifestyles. This is achieved by girls-only programs that combine direct service and group discussions within an active social recreation activity framework. Each club will plan sessions based on the girls interests and may include workshops/discussion, social-recreation activities, leadership with community service, out-trips, nutrition/cooking and physical activities. Participants will develop ownership for the group and varied activities will keep them engaged and interested. The Pre-Teen Girls Program will operate year-round out of six club locations, each reflecting in participation and programming the needs of the diverse girls in their high poverty neighbourhoods.

Mentoring: The group mentoring program will provide ongoing support and relationship building through regular meetings between older youth mentors and girls from the program. Meeting once every two weeks as a group, activities will focus on social recreation, small group activities, art, physical activities and community outings, and include discussions on body image, bullying, peer pressure, gender equity, and relationships. The Boys and Girls Club will pilot their program at the Kimount site and plans to expand the group mentoring to other South Coast locations.

Girls' Group
Tseil Waututh Nation, *Vancouver*

\$197,600 over 4 years

Program: This First Nations Girls' Group consists of weekly, year round meetings that prepare girls to make well informed choices about choosing and helping friends, respecting themselves, sexual health, staying safe, and knowledge of their bodies. Sessions will take place on the urban reserve and will rotate between workshops and outings. Workshops will be based on girls' interests and will explore topics on cultural learning, self-reflection and incorporate material from SafeTeen and Girl Power. Outings will encourage girls to build relationships with the staff and each other while they explore educational and cultural settings. Additionally, the program draws on the asset based approach of the Tree of Life model which encourages girls' to reflect upon and embrace their roots, community, strengths and dreams.

Mentoring: The Girls' Mentoring Group will have weekly activities based on health, sports and athletics. They will bring in mentors from the community who are positive role models and demonstrate the healthy

life skills learned in the program, with the recognition that physical activity affects all areas of personhood. Each mentor will work with a group of four girls. Activities and topics include legends and storytelling, traditional skills, healthy living, goal setting, decision making and outings may be included such as visiting mentors in their workplaces. The program will take place in both the Tsleil Waututh Nation and the Squamish nation with biweekly group mentoring meetings and large gatherings between both communities three to four times annually.

Babisa Moonelazi Beginnings (Beautiful Butterflies)
Kwadacha Education Society, *Fort Ware*

\$130,000 over 4 years

Program: This program provides girls in the remote northern Kwadacha First Nation of BC with a safe place to explore gender and culture identity, in order to increase their protective factors and learn healthy coping skills. The program is modeled on the highly successful Cleg'melt Aboriginal Girls Groups program in the BC Interior. Older girls who have already attended the program will collaborate with community Elders to act as mentors for the girls in the program. The program will include a four day retreat for women and girls of all ages from the Kwadacha and neighbouring Tsay Keh Dene First Nation; bringing women together in this grassroots, organic fashion provide strong role models for girls and supports both women and girls in these communities to take on leadership.

MANITOBA

Girls Caring Circle
Wahbung Abinoonjiiag Inc., *Winnipeg*

\$240,000 over 4 years

Program: The goal of the Girls Caring Circle is to provide young girls with various life skills that are needed growing up in the inner city, and to assist them to make positive choices leading to a healthy lifestyle. The objectives are to increase: self-esteem; knowledge about their culture; communications skills; school performance; awareness and knowledge about societal pressure; awareness regarding safety plans for self and others; ability to advocate for self and community; and practice control over emotions through self-regulation. This will be encouraged through weekly activities and monthly workshops, as well as frequent traditional experiences such as pipe ceremonies, teaching circles, medicine picking, full moon ceremonies, drumming and singing, sweat lodge ceremony, and pow wows.

Mentoring: The Mentoring initiative is being supported by Native Women's Transition Circle and Community Education Development Association (Pathways to Education Winnipeg). The program will run weekly and mentors will include older girls from the community, women who have completed the mentorship training program at the Native Women's Transition Centre, and girls who have graduated the girls program and mentoring component. Each mentor will be matched with a group of four girls. Program activities will include a focus on academic tutoring, cultural learning, community belonging and preparing for the future. There will be additional importance placed on training the girls in these programs to become leaders of positive change in their communities and to become mentors themselves.

The Butterfly Club/ Sisters Circle
Ka Ni Kanichihk Inc., *Winnipeg*

\$229,000 over 4 years

Program: The Butterfly Club is a weekly, afterschool program for Aboriginal girls from low income inner city Aboriginal families. The primary goal of this gender specific, early prevention program is to promote self-esteem, self-confidence, personal empowerment, and optimize protective factors so that Aboriginal girls can thrive as they grow and become contributing members in their community. Aboriginal knowledge is applied to engage, motivate and support the girls in academic, cultural and leadership development through the use of an established curriculum comprised of holistic (mind, body and spirit) and hands on

activities. The Butterfly Club engages positive Aboriginal role models, including Elders, in its program delivery. It will also facilitate participation in social, cultural and recreational activities and community events.

Mentoring: The Sisters' Circle engages, inspires and empowers the mind, spirit, emotions, and body working with Aboriginal girls between the ages of 9 and 13 years and matching them with adult women mentors. The girls participate in cultural practices and education activities, as well as connect with respected female Elders and traditional knowledge keepers. Through these sessions and supported by mentors, the young girls develop greater self-esteem, self-respect and hope for their futures.

NEW BRUNSWICK

Go Girls! Healthy Bodies, Healthy Minds

\$270,000 over 4 years

Big Brothers Big Sisters of Saint John, Inc., *Saint John*

Program: This 14 week program is designed to encourage physical activity participation, healthy eating choices, and the development of a positive self-image, among girls living in Saint John's five vulnerable communities. Led by volunteer female facilitators, Go Girls! incorporates fun, educational games and activities to stimulate adult/participant relationship-building as well as self-reflection and group discussions about healthy living and emotional, social and cultural issues. In addition, the program strives to enhance competence, confidence and self-esteem of girls, to build the leadership and life skills of all program participants, and to educate and encourage participants to develop and maintain healthy relationships.

Mentoring: This enhanced mentoring component will include biweekly meetings with female mentors ages 18-25 from the University or community. Mentoring sessions will provide the opportunity to apply skills learned in the program through discussion, activities and outings, while forging positive relationships with their peers and older mentors. Each group will match two mentors with eight girls and will take place in the various school sites across the 5 communities throughout the school year and summer months. There are a variety of mentor supports, training and retention components built into the program.

NEWFOUNDLAND AND LABRADOR

Especially for the G.I.R.L.S. (Girls Initiative Regarding Life Skills)

\$133,620 over 4 years

Libra House Inc., *Happy Valley-Goose Bay*

Program: Especially for the G.I.R.L.S. (Girls Initiative Regarding Life Skills) program was developed by the Northern Committee Against Violence. The program will be delivered in eight communities - four in southern Labrador and four in northern Newfoundland. These communities include L'anse au Loup, Mary's Harbour, Port Hope Simpson, Charlottetown, St. Anthony, Flower's Cove, Roddickton and Port Saunders. The main themes are violence prevention, healthy decision making and leadership development, which are carried out through information sessions, social events and other activities. Some of the information sessions include dating violence, self-esteem and media literacy and all sessions are followed by a fun social event or activity. In the past, girls have organized a parent appreciation supper, held a career night or had guest speakers on relevant topics. The key to the success of this program is allowing the girls to choose the social activities they want and allowing them to organize it. This gives the girls a sense of pride and ownership of their program, while learning about relevant issues and building self-awareness.

NORTHWEST TERRITORIES

GirlSpace

\$248,000 over 4 years

YWCA of Yellowknife/NWT, *Yellowknife*

Program: GirlSpace provides girls the opportunity to increase their awareness about violence and its root causes, while exploring self, personal achievements, and building on positive self esteem. By addressing key social issues that young women face, GirlSpace programming is designed to empower young women to become capable of making informed, healthy choices in their lives while fostering leadership potential. It offers local young women a safe place to learn and grow in a non-judgmental environment. This is particularly important in an isolated region with limited resources. Social issues are addressed through a melody of activities-such as role playing, individual and group discussions, games, crafts, presentations, guest speakers, reading and writing, journaling, and physical activities- thereby encompassing various learning styles.

Mentoring: The girls group mentoring will take place biweekly and foster intergenerational learning by matching an older youth mentor and adult/Elder mentor with a small group of girls. The girls are given the opportunity to explore topics that are relevant to them such as healthy relationships, bullying, conflict resolution, safe internet usage, girls and children's rights, puberty, and social activism among others. Mentoring activities will include recreational events in the community as well as onsite movie/game nights and family nights.

NOVA SCOTIA

I.T.S. for Girls!

\$120,000 over 4 years

SuperNOVA at Dalhousie University, *Halifax*

Program: SuperNOVA's I.T.S. for Girls! is an all-girls club to introduce girls to science, technology, engineering and mathematics (STEM) through interactions with female role models currently working or studying in these fields. Role models engage club members in direct interactions and hands-on activities to help the girls envision themselves in these careers and to ultimately pursue STEM in high school and university. In addition to providing role models, these interactions help to dispel stereotypes about careers in STEM and showcase successful women in these roles. Meeting themes explore a variety of topics so participants can see how important STEM is in everyday life. The hands-on nature of the club helps girls develop critical thinking, problem solving, team-work, self-confidence and self-respect.

NUNAVUT

Northern Lights Girls Club

\$134,076 over 4 years

YWCA Agvvik Nunavut, *Iqaluit*

Program: The goal of the Northern Lights Girls Club is to empower girls through knowledge, skills, and self-confidence to make positive, independent decisions and live violence-free lives. The project will enhance the Inuit cultural foundation of the program while nurturing cultural diversity. The N.L. Girls Club will involve the participants in program design, and also build on facilitated activities tested in the past years' pilot program. Examples include self-esteem, media and financial literacy, healthy relationships, violence against women, body image, sexual health, rights, anti-oppression, and additional topics in response to the needs and concerns of the participants. Several former Girls Club participants will assist with activities as informal mentors.

ONTARIO

The Village Bloggurls

\$259,078 over 4 years

North York Community House, *North York*

Program: The Village Bloggurls is a leadership, empowerment, and media literacy program. Girls from Lotherton Village, a high-density, culturally diverse and socially isolated Toronto community, will participate in weekly workshops and discussion sessions to explore issues while developing leadership and media literacy skills. They will learn media production methods and produce several forms of media including an on-line blog, a paper zine, podcasts, and digital stories. By using media to tell their stories, they will be able to represent themselves, their neighbourhood, and start a dialogue about issues that matter to them.

Mentoring: This enhanced program will create a space for leadership for girls in Lotherton Village. They will engage girls ages 14-18 from the community as program mentors. Group mentoring will take place biweekly and sessions will rotate between issue-based workshops and activity-based workshops and will include extra-curricular activities, discussion and relationship building that allow further exploration of the issues discussed in the program. Each mentor will be matched with a group of three girls and mentor training and debrief meetings will take place every two weeks and in summer months. With the input from girls and mentors, the mentorship program will create a programming manual, which will assist in the sustainability of the program, intended to be used by the community in future service delivery. This overall approach supports the neighbourhood strategy of community development, leadership and ownership.

Something for the Girlz

\$248,000 over 4 years

Thorncliffe Neighbourhood Office, *Toronto*

Program: Something for the Girlz takes place in Thorncliffe and Flemingdon Park, areas that include significant newcomer, single parent, low income and culturally diverse family demographics. This program provides a gender specific, safety conscious option for girls and parents who often do not participate in programs open to both genders. Moreover, in working with newcomer girls from significantly patriarchal societies, this program is a critical outlet for providing different opportunities. Many of the girls in the community take on traditional supportive roles in households including sibling care and household maintenance. Consequently, the program is a vital alternate resource for personal and academic development as well as fostering leadership, empowerment and social and community engagement. The program highlights the sciences, media literacy and physical activity while encouraging and developing a girl's personal belief in herself and in her community.

Mentoring: The girls group mentoring will bring together mentor teams of older girls and young women with the girls. The use of three levels of mentors in terms of age and experience will be important in allowing the girls to see long term possibility for themselves and understanding the newcomer experience of other girls in their community. With a strong cultural focus, these groups will become an important support for bridging the gap between the younger girls' influences in Canada and their newcomer parents' traditional views. Meetings will take place weekly and involve sports, group activities, discussion and joint journaling. The year will culminate with mentor groups producing and presenting an artistic depiction of their experience.

Ms Media
YWCA Toronto, *Scarborough*

\$249,120 over 4 years

Program: Ms Media is a media literacy program that will allow girls to become more effective and aware consumers of mass media including print media, broadcast media, social media, texting and the internet. Girls will meet weekly to build on their existing skills and increase their communication, conflict resolution, leadership and critical thinking skills. They will practice navigating the internet safely, learn how to foster positive relationships, explore social networking and build a website to share their messages. At the end of the program, girls will recognize how mass media impacts women and girls and create a plan to consume and use it in a positive, safe and productive manner.

Mentoring: Girls will work with older youth mentors to explore their use of mass media and to apply learned skills from the program. Mentors will work with girls to share their experiences and encourage girls to cultivate skills for the future, as well as provide opportunities for them to address the current issues they are experiencing. Mentors will be young women ages 15-20 and the first group will draw from the existing YWCA Girls' Council. Mentors will have an active role in developing the program content, themes and issues explored and will also undergo training and support throughout the program. Each mentor will be matched with three mentees and will meet biweekly at the YWCA Girls' Centre.

Girls Group Mentoring
Community Action Resource Centre, *Toronto*

\$40,000 over 1 year

Mentoring: This program includes two mentoring initiatives in two locations. Both provide girls aged 9-13 with a safe, supportive place to develop self-awareness and the resilience to meet life's challenges. Through mentor relationships and media literacy, the girls learn to develop critical-thinking skills. They are encouraged to dream big and work to achieve their dreams.

Girlz Unplugged
Community YWCA of Muskoka, *Bracebridge*

\$248,000 over 4 years

Program: Girlz Unplugged uses gender based and strengths based approaches to focus on self-awareness, media literacy and body image, gender stereotypes, healthy relationships and violence prevention. It is delivered annually in each of 17 elementary public and catholic schools across the region to small groups of girls. Trained and paid facilitators meet with the girls once a week during lunch hour - together they learn, have fun, and share their ideas in a safe girls-only space. The curriculum is designed to be flexible and responsive to the needs of each group. The girls build self-awareness and confidence, peer support, critical thinking skills and practice techniques for coping with stress, communicating, reframing negative self-talk, and developing leadership

Mentoring: The group mentoring will consist of monthly gatherings of girls who have participated in Girlz Unplugged and their mentors for fun activities and workshops focusing on life skills, healthy living, building confidence and critical thinking. Groups will meet in person monthly in 4 different parts of Muskoka, and online in between meetings over a period of two years. Together they will identify some of the themes that are most important to them and that they want to explore more deeply.

On the Move - Girls Healthy Active Living
Boys and Girls Clubs of Hamilton, *Hamilton*

\$250,000 over 4 years

Program: The On the Move - Girls' Healthy Active Living Initiative is a stream of girls-only programs that supports the healthy growth and development of girls. These program opportunities encourage girls to be physically active and live a healthy life style and target specific issues, including health and wellness,

media literacy, nutrition, self-esteem, and girls' sports. By providing girls-only, safe and supportive environments, participants can learn about themselves and the world around them while experiencing new things. Each of the "On the Move" Programs incorporates six core components into the sessions: physical activity, health and wellness, nutrition, skill development and goal setting, leadership, and teambuilding and connection to community. Through this initiative, girls are empowered to become strong and confident with the knowledge and skills to become healthy and successful young women.

Mentoring: The *MAC - Mentors for Girls* project, will engage female varsity athletes as mentors and pair a senior and junior athlete with one group of six girls. It will draw on participants from the various programs and meet weekly in an unstructured setting at the Boys and Girls Club location. As a group, girls will decide on their desired activity, which may include sports, games room, computer activities and discussion. They will build relationships, foster discussion around program themes and apply learning from the program. Bi-monthly events will also be coordinated to bring the mentoring groups together for events such as bowling, karaoke, sleepovers or exercise inspired activities. During the summer months, as mentors may not be available in person, they are developing means of staying in touch which could include online meetings, pen pal options or a large scale summer meet up.

Just for Girls

\$251,700 over 4 years

Boys & Girls Club of London, *London*

Program: Just for Girls will target girls who are economically disadvantaged with the aim to increase their awareness of choices that are available to them and to help them build their confidence in making choices that will move them out of poverty and away from at-risk behaviour. Girls will meet weekly for two hour sessions. The first hour will be geared toward physical activity and will include training for a culminating run to take place at the end of the 12 week program. The second hour will feature a speaker or talking circle and will include a healthy snack. The program will focus on the four pillars of physical activity, nutrition and healthy eating, education, and social skills. By setting a specific goal and planning for a culminating 3 or 5 km run event, each girl will achieve a personal challenge by staying motivated in the supportive environment and taking part in the final run.

Mentoring: The girls group mentoring will bring together three generations to provide ongoing support and guidance to graduates of the Just for Girls program. Each mentoring group will include an adult woman or an Elder, an older youth and 3 or 4 girls. The mentoring team provides ongoing reinforcement and development of the protective factors learned in the original Just for Girls program through monthly meetings that include activities, discussions and shared meals. Quarterly large group gatherings will bring together all mentoring groups to share in large community-based events planned by the girls.

TechGyrls

\$252,000 over 4 years

YWCA of Cambridge, *Cambridge*

Program: YWCA Cambridge's TechGyrls program is an innovative youth empowerment after-school program designed to broaden girls' knowledge and interest in science, technology, engineering and math. Sessions will help girls to develop their confidence to use digital tools, critical thinking and problem solving skills. Using a curriculum of programming, mathematics, graphic design, and robotics, as well as industry-standard software, girls are encouraged to explore emerging technical curiosity, take risks and envision a broad range of possibilities for their futures.

Mentoring: The mentoring component will allow girls to practice and hone the skills acquired in the program in a safe and supportive environment. Mentors will be visible women leaders from the community with an interest in girls' leadership. Group mentoring will take place biweekly and online/social media methods will be explored for ongoing support in between and beyond the scheduled

sessions. Each mentor will be matched with three girls, and large gatherings will occasionally bring together all of the small groups. Meetings will focus on skills building as well as social events and may include outings and activities based on the input of participants. Participants will be drawn from both the TechGyrls and STEPS programs.

Girls Group Mentoring

\$40,000 over 1 year

Sarnia Lambton Rebound, *Sarnia*

Mentoring: This program reaches three groups of girls aged 9 to 13: those in the care of the Children's Aid Society, newcomer girls, and girls from rural areas. The programs offer a safe place for girls to make friends, connect with mentors, learn life skills, and get inspired. The positive impacts of the program include increased self-esteem, better emotional well-being, and a smoother cultural transition for rural and immigrant girls.

Girls Drumming and Singing

\$155,494 over 4 years

Ininew Friendship Centre, *Cochrane*

Program: The program will support an all-girls hand drum group, with girls from Cochrane and Kapuskasing joining forces to have one big all girls hand drum group. Girls from both communities will meet once a week, rotating between locations. Each session will start with a traditional talking circle and the girls will be responsible for creating their own drums and sticks. The program will include the good life teachings, seven grandfather teachings, 13 moon teachings, acts of kindness and community involvement, by playing at gatherings and community events. The program will boost self-esteem, give a positive outlook, and will build resiliency in the girls. Having older girls as well as younger girls will teach them to be part of a team, and foster a sense of equality.

QUÉBEC

Volet jeunes filles de Mini Kekpart

\$111,492 over 4 years

Action jeunesse St-Pie X de Longueuil, *Longueuil*

Program: Volet jeunes filles de Mini Kekpart engages girls living in the quartier Carillon St-Pie X de Longueuil, where social and economic poverty faces many girls. This after school program, which will be re-named by the girls, encourages girls to participate in a range of fun activities in small groups that explore issues including self-esteem, body image, violence and sexuality. Issues will be explored through creative arts and grounded in media literacy. Each activity has participants pose questions, share their opinions and reflection, and ultimately create a place of exchange and sharing. Through the sessions, girls develop a stronger sense of self confidence, decision making and autonomy. As the leadership component continues to develop, girls will take an active role to make choices, exercise their leadership and participate as facilitators within the group.

Lance-toi!/Take Your Lead!

\$260,000 over 4 years

Y des femmes de Montréal (YWCA Montreal), *Montréal*

Program: The goal of the program Lance-toi !/Take Your Lead ! is to empower girls primarily living in foster care to face media and peer pressures by enhancing their critical thinking skills. The program will encourage participants to draw links between the pressures applied by the sexualized/sexist images of women in mass media to the pressure applied on young girls by their peers through social media. Through the Circle of Courage approach, Lance-toi !/Take Your Lead ! will give girls a safe space within which to

reflect on the questions of identity and self-esteem, thereby building a solid foundation from which they can practice their leadership skills. The culminating activity will be a social media awareness project conceived, executed and directed by the girls to help them apply their leadership skills, and hone their critical thinking through a socially engaged project.

Mentoring: The mentoring program will complement the Circle of Courage model in the program approach. Elders and Aboriginal women (particularly those with experience in the protective care system) will be matched with two girls and share in activities that reflect their particular skills, hobbies or life experience. The small group mentoring will encourage a mutual exchange of learning as the girls teach the mentors about social media. In person meetings will take place monthly and the groups will stay connected in between on a social media platform. Mentors will receive extensive training on the Circle of Courage model, effective mentoring practices and YWCA program methods.

SASKATCHEWAN

We are the Cycle Breakers

\$240,000 over 4 years

Sturgeon Lake First Nation and School, *Sturgeon Lake*

Program: We are the Cycle Breakers program will empower girls in the Sturgeon Lake community to think positively about themselves, their community, and their future. The program will empower and promote self-esteem and self-care through a variety of cultural, educational and recreational activities. These activities both inside and outside of the community, will address the challenges girls face by building on their individual and collective strengths before they become teens and before involvement with gangs, drugs, alcohol and violence takes place.

Mentoring: The enhanced mentoring program will provide girls the weekly opportunity to further discuss issues and build skills while strengthening their relationships. This is particularly important as many girls in this community are missing healthy relationships with adults. The activities will be decided upon with the girls and may include traditional and non-traditional activities such as drumming, sweats, game nights, healing circles, laughter yoga and movie night. Mentors will include Elders, community leaders and school staff who have participated in Girl Power training. Each adult mentor will be matched with three girls and joined by a program graduate co-mentor starting in year two.

Girls Circle Mentoring

\$40,000 over 1 year

Cornerstone Family and Youth Inc., *Carlyle*

Mentoring: The Girls Circle Mentoring Group facilitates meetings between girls aged 10 to 13 and girls in high school. Participants meet twice a week, taking part in group activities, discussions, and various community projects. The girls develop self-esteem and a sense of belonging. The program also prepares younger girls to become mentors themselves once they reach high school.