



TO THE POINT

**For Girls
Ages: 12-16**

Our “To the Point – For Girls” program has been developed to foster self esteem, help with the development of coping strategies and relationship skills, and reinforce healthy living strategies.

Topics will include:

- Self-Esteem
- Stress Management
- Emotional Safety
- Relationships and Friendships
- Social Aggression
- Body Image and Body Awareness
- Media Influences

Wednesdays
6:30 – 8:30 p.m.
April 7 – May 26, 2010

Pre-registration required.
Space is limited.

For more information or to register,
contact Julia at 613-591-3686, ext. 251.

*Available in English only/
Disponible en anglais seulement*