



Youth
Aiding
Youth



ROCKTM
REACH OUT CENTRE FOR KIDS

YAY GIRL TALK A Group For Girls Ages 9-12

A Young Women's Support Circle...

This recreational group is for young girls who need to talk about friends, bullying, school, their parents or who need to learn about healthy eating and feeling positive about themselves! They may have difficulty making new friends or lack the self-esteem to maintain friendships, and need this opportunity to make friends and connect with peers in a safe environment.

This is not a therapy group and is not intended for girls who are experiencing behavioural challenges, need one-on-one support in a group setting or need more intensive one-to-one therapy.

When:

**Every Tuesday from 9:00-11:00 am
July 2nd to August 13, 2019**

Where:

**Our Kids Network Acton Hub
(Mackenzie-Smith Bennett School)
69 Acton Blvd., Acton**

WEEKLY AGENDA

**9:00 Opening Exercise
9:15 Discussion: Sharing Circle
9:30 Activity Related to Discussion
10:00 Snack
10:15 Games
11:00 Closing/Pick-up**

LET'S TALK ABOUT...

- SELF-IMAGE
- BODY IMAGE
- HEALTHY LIVING.
- PEER PRESSURE
- STRESS MANAGEMENT
- RELATIONSHIPS
- BULLYING
- "GIRLS CHOICE"

**For referrals to this group
please contact ROCK's
central intake line at
905-634-2347 ext. 1439**