

Inspiring all girls to be

Strong, Smart, and Boldsm

From the Executive Director

In 2007 we have already had many exciting developments. We are thrilled to be working with Westminster Public School and St. Francis Xavier Catholic School to deliver our skills development programs to interested girls during their lunch break. Our Child & Youth Worker placement students from St. Lawrence College have been instrumental in delivering our Life Empowerment Action Plan and look forward to the upcoming opportunity to deliver Media Smarts, a program designed to raise girls' awareness of how powerful and misleading advertising can be. We hope to expand in-school programming to include more schools in the fall.

Also new this year is our membership program. We have put together a package that we feel is impossible to refuse. For slightly more than you would pay to participate in one program, girls will receive access to evening programs free of charge for 12 months, a Girls Inc. t-shirt, and many more benefits listed below. We hope this new membership will give our program participants a sense of belonging and will encourage continued participation in programs being offered.

Programming has expanded to include at least one program option per quarter for every age group. Participation rates are growing. If you

haven't been out in awhile I would encourage you to take another look at what Girls Inc. has to offer.

We continue to have a waiting list of girls wishing to share weekly activities with a mentor. Currently we have 20 girls between the ages of 8 to 15. If you would like to help a girl grow up strong, smart, & bold give us a call to find out more about this program.

Mark your calendars for Girls Rights Week April 29 to May 6. We will host our 3rd Annual Strong, Smart, & Bold Woman of the Year Celebration on May 3rd. If you know a deserving woman nominate her today. Hope to see everyone out to the Dream Auction at 1000 Islands Mall on May 11 & 12.

Lesley Hubbard

Memberships for GIRLS INC. Girls

Become a **'Member'** for an annual fee of \$25.00 and get the following benefits:

- Access to programs free of charge
- Scholarships and travel opportunities
- Quarterly Girls Inc. newsletter
- Girls Inc. T-shirt
- 20% discount on extra programs i.e. day-camps, certifications programs.

Call today for more details - As always subsidies are available.



Strong, Smart, and Bold Celebration

Come celebrate women! The 3rd Annual Strong, Smart, and Bold Celebration is being held May 3rd at the Brockville Country Club from 6:00 p.m. to 10:00 p.m. Tickets are \$50.00 and go on sale March 5th at the Girls Inc. office, Brockville Chiropractic Group, Flowers Brockville, Little Black Dress, and Taylor Sewing Centre. Girls Inc. will be accepting nominations for **'Woman of the Year'** until April 13, 2007. Nomination forms are available wherever tickets are sold or at www.girlsinc-uppercanada.org/events

FOR GIRLS - ALL AGES !

EGGstra Special Night

When: Friday, March 30th
Time: 6:00 p.m. to 8:00 p.m.
Where: Brockville Museum
5 Henry Street
Fee: Members FREE!
Non-members \$2.00

Activity: In partnership with the Brockville Museum we will be learning new ways to decorate eggs for the upcoming Easter Holidays.

Yoga

When: Every Wednesday
March 28th to May 2nd, &
May 16th to June 20th
Ages: 6 to 9 years
Time: 6:00 p.m. to 7:00p.m.
Ages: 10 to 18 years
Time: 7:00 p.m. to 8:00p.m.
Where: Girls Inc. Building
1805 Oxford Avenue

Activity:
A program that not only relaxes and energizes, but also increases self confidence, expands self awareness and self expression, and provides physical exercise. Learn yoga postures, relaxation methods, basic anatomy while incorporating yoga games, art, literature, journaling, music, and songs.

Summer Camp

Pre-register today for summer camp!
Contact Girls Inc. for more information.

When: Weeks of July 3, July 9, & July 16
Where: Kemptville
When: August 13, 20, & 27
Where: Brockville

Wood Working

When: Saturday, April 21st
Time: 1:00 p.m. to 4:00 p.m.
Where: Home Depot, Parkedale Ave.
Fee: No Charge

Activity:
In partnership with Home Depot, Girls Inc. will make wood projects using small hand tools. This hands on experience will enhance your knowledge of working with wood and provide an opportunity to put your creative skills to the test.

In It Together

When: Every Saturday
March 24th to May 12th
Ages: 6 to 10 years
Time: 9:30 a.m. to 11:30 a.m.
Ages: 11 years and up
Time: 12:30 p.m. to 2:30 p.m.
Where: Girls Inc. Building
1805 Oxford Avenue
Fee: Members FREE
Non-member \$14.00

Activity:
Through the Girls Inc. Economic Literacy program, girls will create their own business which will operate at the 14th Annual Girls Inc. Dream Auction on May 11th and May 12th. Each Saturday, girls will learn new skills and create products to be sold at their store.

Paul Royter Comedy Show

You are invited to attend the Paul Royter Hypnotic Comedy Show on April 28th at 8:00 p.m. at BCI. Tickets will be given out on a first come, first serve basis: take a friend, take your family!

To Register

You must register for all events and programs at:

Telephone: 613-345-3295, Ext. 2,2

E-mail: programs.uppercanada@girls-inc.org

FOR OLDER GIRLS !

Mother/Daughter Workshops

A **FREE ONE DAY WORKSHOP** **FOR MOTHERS, GRANDMOTHERS,** **CAREGIVERS, AND DAUGHTERS**

- ✔ Learn new ways to communicate and listen
- ✔ Share in playful exercises and guided discussions
- ✔ Feel inspired to make a plan or the future
- ✔ Explore new ideas
- ✔ Learn about economic literacy

Who: All girls between ages 10 to 14

Where: April 21 Prescott
June 2 Gananoque
Sept. 9 Brockville

Register Today!

Lunch provided

Girls Night

When: Every Tuesday Night!!!
Time: 6:00 p.m. to 9:00 p.m.
Who: Ages 6 to 18 years
Where: The Youth Centre
37 Perth Street, Brockville
Fee: No charge!

Activity:

A night for the girls! This is a time for girls to drop in to the centre at their own leisure to hang out, relax, be themselves, and be creative. Structured activities are available to those who wish to participate. Need a space to complete homework or use the computer lab? We are there to help you if you need a hand!

JUST DROP IN!

Mayor's Community Walk

The 6th Annual Mayor's Community Walk to be held April 4th is an event organized by the Volunteer Bureau. Join other volunteers and community agencies for a 2km leisurely stroll through downtown Brockville. Half the money raised in pledges will be directed towards the Girls Inc. Program Fund. This is a chance as members, volunteers, girls and mentors to share our passion and commitment to Girls Inc. with our community. Call **TODAY** at 613-345-3295 to obtain a pledge form .

FOR YOUNGER GIRLS

Take A Break Camp

When: March Break
March 12th to March 16th

Time: 8:30 a.m. to 4:30 p.m.

Who: 6 to 11 years

Where: Girls Inc. Building
1805 Oxford Avenue

Fee: Members \$64.00
Non-members \$80.00

Activity:

You are invited to a one week camp called "Take a Break". The focus is on Media SMARTS. We will be discovering the truth behind all aspects of media, through games, activities, and group discussions.

Register today!

Operation SMART

When: Every Thursday
March 22nd to May 24th

Time: 6:00 p.m. to 8:00 p.m.

Who: Ages 8 to 11 years

Where: Girls Inc. Building
1805 Oxford Avenue

Fee: Members FREE!
Non-members \$20.00

Activity: This program teaches you the skills of science, math, art and technology. Through various hands on experiments, projects, and activities, you will be able to learn first hand how 'mistakes' are all part of our learning process.

Register today!



Quilt Raffle

Once again Donna Taylor of Taylor Sewing Centre has generously donated a beautiful quilt 'SPRING GARDEN'. Tickets are now on sale! Draw date is May 12th at the 1000 Islands Mall and tickets sell for \$2.00 each or 3 for \$5.00. Call Matt Cody at Girls Inc. 613-345-3295 if you would like to buy or sell tickets! Thank you Donna!

14TH ANNUAL DREAM AUCTION

The 14th Annual Girls Inc. Dream Auction is happening again on Mother's Day Weekend, May 11 and 12 at the 1000 Islands Mall. Sponsors, volunteers, and donations are all needed. Contact Matt at 613-345-3295 ext. 2, 3 for details. We need your help!

OUR OFFICE STAFF

Executive Director

Lesley Hubbard - Extension #4
lhubbard.uppercanada@girls-inc.org

Program/Volunteer Coordinator

Gina Nadon - Extension #2
programs.uppercanada@girls-inc.org

Program Facilitator

Jennifer Sine - Extension #111
jsine.uppercanada@girls-inc.org

Fund Development Coordinator

Matt Cody - Extension #3
events.uppercanada@girls-inc.org
info.uppercanada@girls-inc.org

Program Placement Students

Katie Adams
Jenni George
Bev Heuving
Ashley Spicer

CONTACT INFORMATION

Girls Incorporated of Upper Canada
P.O. Box 791, 1805 Oxford Avenue
Brockville, Ontario K6V 5W1

Tel: 613-345-3295
Fax: 613-342-8684
Toll Free: 877-475-7462

info.uppercanada@girls-inc.org
www.girlsinc-uppercanada.org

Farewell..... and good luck to Carol Vandertol, Executive Assistant, as she leaves Girls Incorporated to pursue other opportunities. Carol began with the organization in 1992, while we were known as Big Sisters and has seen the organization through many changes. Her contributions have been endless. She has touched many people in her time with Girls Inc. We will miss her smiling face and look forward to her continued involvement as a volunteer.

Good luck Carol, we will miss you!

Celebrate Girls Rights Week

April 29-May 5

Check out our latest events, programs, and news

www.girlsinc-uppercanada.org

I WANT TO HELP GIRLS TO GROW UP "STRONG, SMART AND BOLD"

Mail completed form with payment to Girls Incorporated
P.O. Box 791, Brockville, ON K6V 5W1

Name _____

Address _____

City _____ Province _____ Postal Code _____

Phone (Daytime) _____ Phone (Evening) _____

Email _____

Please find my cheque enclosed for the amount of \$ _____

Charitable Income Tax #11880 9292 RR0001



A United Way Member