

THE ELIZABETH FRY SOCIETY'S GIRLS EMPOWERED AND STRONG PROGRAM

FREE 8 WEEK SESSION FOR GIRLS AGES 12-14

This program uses discussions, activities and art to empower girls. We help develop a strong sense of self, build relationships, learn about the issues teen girls face and how to address them.

Topics include: self-esteem, healthy relationships, healthy sexuality, self-care and coping, emotional management, and goals.

**Contact Brynn with
questions or to register:
(780) 784-2200
ges@efryedmonton.ab.ca**

10523-100 Ave

THURSDAYS 4:30-6:00PM

APRIL 6 - MAY 25

