



**Acadia First Nation**      *GIRL Power*

**5 Week Session - HEALTH CENTRE**

Wednesday, November 16<sup>th</sup>- 3-5pm

Wednesday, November 23<sup>rd</sup>- 3-5pm

Wednesday, November 30<sup>th</sup>- 3-5pm

Wednesday, December 7<sup>th</sup>- 3-5pm

Wednesday, December 14<sup>th</sup>- 3-5pm

**These sessions will promote healthy development of the girl's sense of themselves, their bodies, cultural identity, and the strength to question media portrayal of girls and women in our culture.**

**Girl Power encourages and fosters self-expression, internal empowerment, enhanced decision making skills and increased self-esteem.**

**Girls aged 8-12 years**

**Please sign up with Amanda or Melanie**

**HEALTHY SNACKS & DOOR PRIZES**