



iGirl is a lighthearted, two or three-day workshop that prepares 9–12 year old girls for the multimedia pressure-cooker they'll soon encounter. Saleema Noon and her iGirl team tackle topics including puberty, safety on the internet, healthy body image, and how to be assertive in even the toughest situations.

outline

i am my own BFF

Celebrate your strengths and feel great about your unique self.

i think my body's a beauty

Magazine bodies are make-believe. We'll help you see how all of us are gorgeous in our own way.

i know the facts of life

Learn the real deal about periods, pads, breasts, bras, baths and showers ... no boys allowed!

i get the 'net

Facebook, sexting, and safety online ... we've got you covered.

i have healthy relationships

Friends, family, and [sigh] dating someday — let's make sure you know what you want and deserve.

i am the best i can be

Get the low-down on what you need to do to reach your personal best, both now and when you're 90.

i expect respect

Stand up to bullying and peer pressure in a way that works using — you guessed it — "i" statements.

schedule

April 14 and 15: Burnaby, Cliff Drive Clubhouse

May 12 and 13: West Vancouver Community Centre

June 2 and 3: Vancouver, Italian Cultural Centre

July 4, 5 and 6: North Vancouver, Capilano Library*

July 9 and 10: Richmond, Gilmore Park United Church

July 12 and 13: Port Coquitlam, Hyde Creek Recreation Centre

July 17, 18 and 19: Surrey, Fleetwood Library**

July 24, 25 and 26: Vancouver, Jewish Community Centre***

cost

Two-Day Session: \$159

- \$20 off if you register a month or more before, or
- \$25 off if you register with a friend

Three-Day Session: \$199

- \$20 off if you register a month or more before, or
- \$25 off if you register with a friend

Price includes HST, one discount per participant. Limited sponsorship available.

Programs run 10am-3pm unless specified. Participants must bring a packed lunch.

***Due to library hours, the program at Capilano Library will start at 11am on the first day and go until 4pm. Program hours will be 10am-3pm on the second and third days.**

****Due to library hours, the program at Fleetwood library will start at 11am on the first day and go until 4pm. Program hours will be 10am-3pm on the second and third days.**

****Special discount for JCC Members, \$179. Please note that JCC is a Kosher facility, so please pack a Kosher or vegetarian lunch for the program at this location. Also, please register for this program online at jccgv.com or by phone at 604-257-5147.**

Smart decisions start here.

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