

Girls Empowered and Strong

Girls Empowered and Strong is a 2 month program for teenage girls who want to address the many issues facing them and become empowered to make strong and positive choices for their futures. The program will run from 1:30 to 3:30pm at the downtown E Fry Office.

Program Schedule

July 7 Welcome to Girls Empowered and Strong

July 14 Knowing your rights

July 21 Drugs and Alcohol

July 28 Internet Safety

August 4 Bullying & Mean Girls

August 11 Healthy Relationships

August 18 Body Image and Self Esteem

August 25 Healthy Me & Wrap up party

For more info and to register please call Brittani @ 780-784-2202
or teen@efryedmonton.ab.ca