

iGirl empowerment workshop is coming to Latimer Road!



iGirl is a straight-to-the-point, lighthearted, empowerment workshop that prepares girls to make smart decisions in even the toughest situations. In a style that is relevant to pre-teens, renowned educator Saleema Noon and her team take the role of big sister, giving your daughter the power to successfully navigate the changes galloping into her modern life.

Who is this open to?

There are only 25 spaces available so grade 6 and 7 girls will get the first opportunity (grade 5 girls can be waitlisted).

Cost?

This is a full day program held during class time at Latimer. It is expensive however we feel it is extremely valuable therefore we are happy to do a cost share with parents. The parent's portion will be \$20 for their child to attend the full day.

Date? **March 14, 2019**

Outline of Content?

I am my own BFF – celebrating your own strength and feel great about your unique self.

I think my body's a beauty – Bodies in the media are make-believe. We will help you see how all of us are gorgeous in our own way.

I expect respect – Deal with friendship challenges, bullying and peer pressure in a way that works.

I get the net – Instagram, selfies and safety online – we've got you covered.

I have healthy relationships – family, friends and dating someday. Know what you want and deserve.

If interested, please return this form with your payment at your convenience (prior to Jan. 31, 2018).

I am excited to have my daughter _____ in Div. ____ attend the full day empowerment workshop. I have attached a cheque/cash in the amount of \$20 to Latimer Road Elementary.

I would like my daughter _____ in gr. 5 to be waitlisted.

