



YWCA
CANADA

**WEEK
WITHOUT
VIOLENCE**

**THE POWER
OF BEING aGIRL**

FOR IMMEDIATE RELEASE

MARCH 7. 2008

YWCA EDMONTON LAUNCHES THE POWER OF BEING A GIRL®

In honour of International Women's Day, this national signature event will help at-risk girls "realize their enormous potential."

WHAT:

YWCA Edmonton's **THE POWER OF BEING A GIRL®** conference will focus on the developmental needs of at-risk girls and young women ages 13–17 years. The conference will coincide with YWCA's Week Without Violence™ aimed at preventing violence in the lives of girls and women. The conference will be planned and presented in partnership with the In Motion network, and will include high-energy, hands-on workshops addressing:

- Career Choices
- Discrimination
- Body Image
- Sexual Health
- Bullying
- Internet Safety for Girls
- Self-esteem
- Relationships
- Substance Abuse
- Preventing Violence in the Lives of Girls
- Depression
- Dating

WHEN:

FRIDAY, OCTOBER 24, 2008 8:00AM–3:00PM

WHERE:

THE LODGE AT SNOW VALLEY, EDMONTON ALBERTA

WHY:

For most young women, the teenage years represent a difficult and challenging phase. **THE POWER OF BEING A GIRL®** program is intended to help participants recognize their common challenges, develop personal awareness and work towards individual and group-oriented solutions.

VISIT: www.ywcaofedmonton.org FOR MORE INFORMATION

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