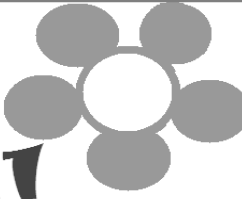


Just Girls!



A weekend adventure into what it means to be a teenage girl!

Dear Parents;

Your daughter is being invited to participate in an exciting new program here being offered to rural communities surrounding Humboldt taking place at St. Peter's College in Muenster.

Just Girls is a group mentoring program designed to teach girls, grades 7 and 8, the importance of physical fitness, healthy eating and the skills to help build friendships and combat bullying. We want to give each girl a boost of self esteem and self confidence as she enters the sometimes tricky world of a teenager.

The weekend consists of a variety of sessions that include physical activities, games, guest presenters, as well as time for discussion and inspiration from the group and role models from around the community. Saturday runs from 10am to 4 pm, with lunch and a snack provided. Sunday runs from 1 –5 pm (snack included). Participants are asked to attend both days.

An afterschool version of this program was run in 2012 in Humboldt and we are excited to offer it in a condensed form with more guests and new activities that will give the girls new experiences and a renewed confidence to be proud of who they are.

Sign up sheets available through your school office, or contact Lisa or Tracey (see below). Parental permission slip (attached) must be signed in order to attend the group.

For Girls in Gr. 7 & 8

April 13 10am-4pm

& 14th 1-5pm

At St. Peter's College

FREE

To register or for more information, please contact

Tracey Shewciw (Partners) ~ 682-4135

or

Lisa Martens Bartel (BBBS) ~682-2829

Brought to you by:



Child's name: _____

Phone number: _____

Grade: _____ School: _____

I, _____ (parent name), release the agencies (BBBS of Humboldt and Partners – Family Services) and the staff and volunteers associated with the program of all responsibilities and liabilities in connection to their services provided in good faith to my child. As part of the program the girls will be asked to complete an evaluation form about her experience with the program. This information will be used by the partnering agencies to make program revisions and provide insight into issues girls face.

I agree to allow my child to take part in Just Girls on April 13&14, at St. Peter's College.

Please list any food allergies that your child has:

Parent's Signature

Date