

**girls
inc.**

GIRLS INC OF DURHAM

MIND+BODY



Girls deserve a supportive,
Safe environment to be
themselves!



FREE Drop-In

**COME JOIN US AND CHAT ABOUT
TOPICS IMPORTANT TO YOU!**

TOPICS INCLUDE:

- **STRESS MANAGEMENT**
- **BODY IMAGE**
- **NUTRITION**
- **PHYSICAL ACTIVITY**

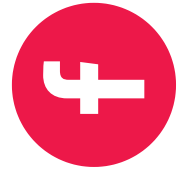


For more info

vderyck@durham.girls-inc.org



905-428-8111



@girlsincdurham



@girlsincdurham

AJAX COMMUNITY CENTRE

75 CENTENNIAL RD

YOUTH ROOM

AGES 11-18

THURSDAY

5:30 TO 7PM