
2024

Girls Inc. of Durham Programming



1-398 Bayly Street West
Ajax, Ontario
L1S 1P1
Charitable Registration # BN118809268 RR0001



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A girl is a young person who identifies as a girl regardless of her assigned sex at birth, or who is exploring gender identity or expression.

Who We Are

A network of local organizations that work with schools and in communities across Canada and the United States to help girls prepare for their futures and reach their full potential. Our evidence-based programming is proven to make a measurable difference in the lives of girls. We also work to advance the rights and opportunities of girls and young women through public policy and advocacy. Together with partners and supporters, Girls Inc. inspires all girls to be strong, smart, and bold.



OUR IMPACT

Girls Inc. changes the trajectory of girls' lives and prepares them for life-long success.

An impact study proves that girls who participate in Girls Inc. outpace their peers in multiple areas.

- They are more likely to see themselves as leaders, with the skills and capabilities to influence and improve their communities.
- They are more likely to exercise regularly and participate on sports teams.
- They are more likely to have higher standardized math test scores and self-confidence in STEM subjects and see themselves in STEM careers.
- They are more likely to be engaged in and attend school and to be prepared for life after high school.

WHO WE SERVE



We dedicate our work to building a safe and nurturing environment that focuses on meeting girls where they are and embraces each girl's unique strength. We work to eliminate the barriers girls face, and to reform systems that impede their success. We approach this work with an equity lens, focusing in particular on the needs of girls who face multiple barriers, from low-income communities and girls of colour, and those who face multiple, intersectional challenges.

Quick STATS

THE VIEW FROM OUR GIRLS

*“ Girls Inc. girls struggle with the stigma of mental health like other girls, giving of themselves, but reluctant to receive help: While **93%** of Girls Inc. girls surveyed said they would offer help to a friend who was sad, stressed, or depressed, only **71%** said they would reach out to a friend for help if they felt the same way.*

77%

are happy with their bodies, compared to 48% of girls nationally.



Positive body esteem Body positivity is important for girls, and allows them to live comfortably in their own bodies with confidence and self-esteem

COMMITTED & INVESTED IN THEIR EDUCATION



9 out of 10 Girls Inc. girls...

- Care about doing well in school.
- Like learning new things.
- Try to find out more about the things that interest them.

Changing the face of STEM

89%

find science or math interesting.



Even though women are underrepresented in STEM post-secondary programs and careers, Girls Inc. girls have the potential to close this gap and change the face of STEM for the next generation.



80%

believe they could handle harder science or math.

Girls Inc. Bill of Rights



GIRLS HAVE THE RIGHT TO
**BE THEMSELVES
AND TO RESIST GENDER
STEREOTYPES.**



GIRLS HAVE THE RIGHT TO
**EXPRESS THEMSELVES
WITH ORIGINALITY AND
ENTHUSIASM.**



GIRLS HAVE THE RIGHT TO
**TAKE RISKS, TO STRIVE
FREELY, AND TO TAKE
PRIDE IN SUCCESS**



GIRLS HAVE THE RIGHT TO
**ACCEPT AND
APPRECIATE
THEIR BODIES.**



GIRLS HAVE THE RIGHT TO
**HAVE CONFIDENCE IN
THEMSELVES AND BE
SAFE IN THE WORLD.**



GIRLS HAVE THE RIGHT TO
**PREPARE FOR INTERESTING
WORK AND ECONOMIC
INDEPENDENCE.**

Signature Programs

GIRLS INC. NATIONAL

All programs are evaluated and research based

Media Literacy



“Media Literacy” increasing girls’ awareness of the scope and power of the media and the effects of media messages on girls and women.

Allies in Action



“Allies in Action” is an anti-bullying program intended to foster confidence and resiliency.

Leadership & Community Action



“Leadership and Community Action” gives girls the opportunity to be themselves, explore, develop skills and build self-esteem while building leadership skills.

Operation SMART



“Operation SMART” developing girls’ enthusiasm for and skills in STEM fields (Science, Technology, Engineering, and Math).

Signature Programs

GIRLS INC. NATIONAL

All programs are evaluated and research based

Mind+ Body



“Mind+Body” developing strong minds and strong bodies by focussing on nutrition, physical activity, stress management, and body image.

Economic Literacy



“Economic Literacy” By building on basic economic and financial concepts, including gender equity in income and business.

Sporting Chance



“Sporting Chance” girls develop movement and athletic skills, cooperative and competitive spirit, and healthy habits.

Healthy Sexuality



“Healthy Sexuality” to take charge and to make informed, thoughtful decisions about their sexual health and relationships.

After-school GirlSPACE

FOR GIRLS AGES 6-12
SEPTEMBER TO JUNE

Is an evening program, each week girls will participate in one of our signature programs that will inspire them to believe in themselves as well as develop new skills and abilities.

Topics include bullying, body image & self-esteem, STEM, sports, physical activity & nutrition, stress management, and leadership and community action



GirlZONE

FOR GIRLS AGES 13-18
SEPTEMBER TO JUNE

GirlZONE is an evening program that focuses on developing leadership skills and encourages girls to participate in activities that will build their self-confidence and cooperation skills, all while becoming strong leaders in our community.

Teens also have the opportunity to act as peer mentors to the younger girls and earn volunteer community service hours.

Mind+Body

GIRLS AGES 11-18 SEPTMEBER TO JUNE

Mind + Body helps girls and young women to strive to be healthy, appreciate and accept their bodies, develop and showcase their skills, and participate in activities that will build their self-confidence, all while becoming strong leaders in our community.

Summer Camp

Our interactive Summer Camp Programming for both 6-12 and our CITs will include topics include anti-bullying, body image & self-esteem, STEM, sports, physical activity & nutrition, stress management, and leadership and community action.

July to September

\$140 for members \$175 for non-members

Each day is one of our signature programs.

Programs include:

Allies in Action

Girls build self-confidence, self-esteem and addresses topics such as bullying.

Operation SMART

Girls develop an enthusiasm for and skills in science, technology, engineering, and mathematics (STEM). Through hands-on activities, girls explore, ask questions, persist, and solve problems.

Leadership & Community Action

Girls build leadership skills and create lasting social change through community action projects. Girls celebrate the heritage of girls and women as leaders and social change agents and realize their own power as community resources and trustees of the common good.

Mind+Body

Girls Inc. Mind+Body supports and promotes the whole health of girls ages 6 to 18, using a philosophy that recognizes that many factors, including physical and mental wellness, contribute to girls' health. Consequently, the Initiative focuses on four critical content areas: Physical Activity, Body Image, Nutrition, and Stress Management.

Media Literacy

Girls increase their awareness of the scope and power of the media and the effects of media messages on girls and women. They learn to analyze what they see and hear in the media and advocate for change in entertainment, news, and advertising.

**OFFERED AT 5 LOCATIONS
THROUGHOUT DURHAM
REGION; PICKERING, WHITBY,
BROOKLIN, NORTH OSHAWA AND
OSHAWA**



CIT

COUNSELLOR IN TRAINING FOR GIRLS AGES 13-16

Building Life Skills Through Girls Inc. CIT Program: Girls will learn new skills and test new ideas, learning how to work with a small group of their peers, cooperatively making decisions. CIT's will learn how to accept new responsibilities in leadership, conquer fears & practice new skills. CIT's will have the opportunity to mentor "the Littles"



GIRLS WILL RECEIVE A FREE
GIRLS INC. T-SHIRT AND GO
ON A FIELD TRIP ON
FRIDAYS!

March Break

GIRLS AGES 6-16 PICKERING & WHITBY

Join us for a week of crafts, STEM, leadership activities, and FUN! Girls experience the benefits and excitement of taking positive risks that bolster their self-confidence and personal growth.



SUMMER CAMP

A girl is a young person who identifies as a girl regardless of her assigned sex at birth, or who is exploring gender identity or expression.

**Each Day is
Something New**

FOR GIRLS 6-12

CIT Summer Camp
Counsellors in Training
(13-16yrs)

- ✓ Group Work
- ✓ Self-Confidence
- ✓ Independence
- ✓ Friendship

Our Summer Camps provide a place for youth to make lasting friendships and have fun!

9:00 a.m.– 4:00 p.m.

Before and After Care available for an additional fee

Allies in Action 

Build self confidence, self esteem and addresses topics such as bullying.

Operation SMART 

Explore science, engineering, and technology while making gooey experiments & figuring out how things work.

Leadership & Community Action 

Learn how to make a difference with issues that are important to you.

Mind+Body 

Taking a whole body approach to self esteem looking at body image, nutrition, healthy stress management, and physical activity.

For more information contact
905-428-8111 ext 222
tmccannell@durham.girls-inc.org

To register use the QR code, call in, email or visit our website.
www.girlsinc-durham.org

SUMMER CAMP

girls
inc.
of Durham



COUNSELLOR IN TRAINING PROGRAM

Building Life Skills Through Girls Inc. CIT Program:

EDUCATION: Learn how to make a difference with issues that are important to you

GROUP WORK: Learn how to work with a small group of their peers, make decisions as a team and co facilitate

SELF-CONFIDENCE: Learn to accept new responsibilities in leadership, take positive risks and practice skills

INDEPENDENCE: Participants will develop independence, self assurance and gain for confidence

FRIENDS: Summer Camp provides a safe space for youth to make new friends, become leaders and have fun!

A girl is a young person who identifies as a girl regardless of her assigned sex at birth, or who is exploring gender identity or expression.

Girls ages 13-16
9:00am - 4:00pm

To register use the QR code, call
in, email or visit our website.
www.girlsinc-durham.org



For more information contact
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