



GirlSpace®

Program Overview

ABOUT GIRLSPACE

GirlSpace® is a program just for girls offered by YWCA Edmonton. It focuses on reducing the risk of violence in girls' lives, improving their health and well-being, and setting the stage for their development into strong, healthy, and empowered young women.

THE DIFFERENCE GIRLSPACE MAKES

For women to become the best versions of themselves, they need to get the best start possible. Unique from their male counterparts, though, girls face high rates of sexual violence and a significant decline in mental health as they enter adolescence and young adulthood. This program provides participants with tools and resources to cope with these challenges, while increasing their self-esteem, confidence, and belief that they can change the world!

HOW IT WORKS

Each week, participants come together as a group to learn about a topic focused on the specific needs and experiences of girls and young women in Canada. Young women act as both group facilitators and role models, involving the participants in the design of each session so they can gain the skills they need to succeed.

RESEARCH PROJECT

The topics covered in GirlSpace® are based on what research tell us is critical to young girls at this stage in their lives. During the 2017-18 program year, GirlSpace® will be the subject of further research to inform our understanding of the "girl experience" and help us improve the program moving forward. For more information about this research project, please contact **Wendy Salvisberg** at w.salvisberg@ywcaedm.org or 780-423-9922 Ext. 306.

WHO CAN PARTICIPATE

GirlSpace® is open to **anyone who identifies as a girl aged 11-18 years old.**

For more information on GirlSpace®, visit our website at www.ywcaofedmonton.org/girlspace.



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LOCATIONS

- **Northeast:** Londonderry Junior High School (7104 144 Ave.)
- **Central:** YWCA Edmonton Office (#400-10080 Jasper Ave.)
- **Southwest:** Lillian Osbourne High School (2019 Leger Rd.)
- **Northwest/West:** Jasper Place High School (8950 163 St.)
- **Southeast:** Mill Woods Public Library (2610 Hewes Way)

SCHEDULE

Exact start and end dates vary upon location but generally, GirlSpace® runs afterschool for two hours, one day per week, from September 2017 to February 2018.

FEES

- **Program:** \$200 for 20 weeks (based on \$10 per week)
- **Weekend Retreat at Camp Yowochas (optional):** \$130

Subsidies are available based on a sliding scale, as well as for newcomer and immigrant participants with Permanent Resident numbers. If interested, please enquire at the time of registration.

HOW TO SIGN UP

Download a registration form from www.ywcaofedmonton.org/girlspace and submit it to:

Wendy Salvisberg, M.Sc., Ph.D Candidate

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ABOUT YWCA EDMONTON

YWCA Edmonton is the largest and longest-serving women's agency in Edmonton that advances the wellness and growth of women, girls, and families. Each year, we serve more than 9,000 clients through leadership programs, counselling, disability services, and outdoor education.

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