



**WEEK  
WITHOUT  
VIOLENCE**

**THE POWER  
OF BEING aGIRL**

The YWCA Week Without Violence encourages people and communities to identify realistic and sustainable alternatives to violence.

Violence effects all of us. No matter where we live, violence and fear have become part of our everyday lives. To change this we need to take action against violence—speak out against it and to change and influence the values and attitudes that affect violence. We can begin by imagining a life without violence.

In recognition of the Week Without Violence, YWCA Cambridge, YWCA Kitchener-Waterloo and YMCA-YWCA Guelph sponsors the **Power Of Being a Girl** Conference.

The **Power Of Being a Girl** Conference is created for girls in grades 7 and 8 and focuses on girl's developmental needs to prevent violence in their lives.

Past topics have included:

- Healthy Relationships
- Body Image and Self-Esteem
- Personality Dimensions

Where: Bingeman's Conference Center

Date: Monday October 19, 2009

Time: 10:00 a.m.— 3:00 p.m.

Cost: \$20 per person

How can you get involved?

1. Volunteer—we are currently looking for individuals to help with the event, leading groups and helping facilitators in workshops.
2. Spread the word—tell girls you know about this great opportunity, encourage schools and community groups to attend etc...

For more information contact:

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