**It's All About Me!**





***Women’s Centre Waitakere***

A programme designed for girls, to support and empower young women to find their own strengths and uniqueness



* **Who can come?**

Teenage girls aged 13-15 years. You are welcome to come on your own or enrol with a friend.



* **When is the next programme?**

2 Days during School holidays: Tuesday 7 Oct–Wed 8 Oct

Times: 9.30am – 3.30pm

* **Where is the programme** **run?**

Women’s Centre Waitakere

111 McLeod Rd, Te Atatu South

* **Costs:** Free Please call us for details

Registration and consent form essential



* **What you can expect from the programme:**

Have fun while making new friends

Build trust as a group

Have meaningful discussions about boundaries, body image and language

Creative activities

Feel your strengths inside and outside – self-awareness

self-care

self-expression

Learn how to communicate with family and friends when feeling angry/frustrated

Eat yummy food and “chill out” in a fun environment



**To contact us:**

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****Website: [www.womenscentre.org.nz](http://www.womenscentre.org#.nz) In Collaboration with