

## How the Program Works

A weekly drop-in program from October to June with sessions that alternate between:

- In-person—Saturday afternoons from approx. 1:30—4pm and
- Virtual—Thursday evenings from 6—8 pm

## Who Can Access Program

- Girls, women and femmes, especially from immigrant and refugee backgrounds
- 15 – 21 years of age
- Have at least basic spoken English skills

## Find Out More

Email: [globalgirls@newcomercentre.com](mailto:globalgirls@newcomercentre.com)

Phone: 780-424-7709

Website: [newcomercentre.com](http://newcomercentre.com)

## Register Here



### Funded by:



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



## Community Programs Global Girls

A safe space  
for girls, women &  
femmes to make new  
connections, build their  
self-confidence, and  
explore their identity.



[newcomercentre.com](http://newcomercentre.com)

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## Global Girls

The Newcomer Centre's Global Girls program is a safe space for young women to make new connections, build their self-confidence, and explore their identity.

The program is driven by participants' interests and needs: they decide what topics they want to learn about together and what activities they want to do.

- The virtual Zoom sessions allow participants a safe and inclusive space to share and communicate with one another while learning positive coping strategies, healthy boundaries, and life skills.
- The in-person sessions foster group social skills, communication, and relationship building as we do activities together at Newcomer Centre locations and out in the community.

## Participant Benefits

Global Girls participants benefit from:

- An empowering place to feel like they belong.
- Connections to peers and role models who share similar experiences.
- Opportunities to try fun activities and learn from each other.
- Opportunities to explore Edmonton together.

## Activities

Some activities participants have done include:

- Arts & crafts
- Baking
- Building self-confidence, pride and other skills
- Career exploration
- Community field trips to explore Edmonton
- Cooking socials
- Cultural exchanges
- Dance workshops
- Identifying strengths & talents
- Gardening
- Journaling
- Living in two or more cultures
- Movie nights
- Music & movement for wellbeing
- Nature walks
- Resumé building
- Sharing cultural traditions
- Volunteering at community events
- And so much more!

## Participant Feedback

- "Women can achieve more in life when they support each other."
- "I feel fulfilled and more empowered."
- "Event was awesome!!"
- "Everything is achievable."

