

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

Phone: 780-424-7709

Website: 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

2025-09-15

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."

