



SOROPTIMIST

Best for Women



Soroptimist International of Tri Cities is proud to present
EMPOWERING OUR TEEN GIRLS

A SafeTeen Workshop – Powerful Alternatives to Violence

This enlightening and educational workshop for parents and teen girls will focus on developing useful skills to empower us to cope with verbal, emotional, social & physical challenges we are exposed to every day. (Parents and the teens will be in separate rooms.)

This workshop includes:

- Developing skills for teen girls and parents
- Keeping teens and adults safe
- Addressing issues facing teen girls
- Helping girls cope with verbal, emotional and physical threats
- An in-depth Q&A session

An afternoon drumming circle will be hosted by Rhythm Wellness following lunch.

When: Saturday, February 18 2012 – 9:00 am to 3:00 pm
Where: Grade 7 & 8 Girls – Outlet Room, Leigh Square by City Hall on Shaughnessy Street
Adults – Port Coquitlam Rec. Center Green Room (2150 Wilson Ave)
Lunch: Delicious and hot meals for everyone!
Entertainment: Rhythm Wellness Drumming Circle for all participants
Cost: Adults - \$10, Teens – no cost
RSVP: To register, or for more information, contact Linda at Lindakozina@gmail.com or 604-942-9793

Soroptimist International of the TriCities is a service organization dedicated to improving the lives of women and girls locally and around the world. We are pleased to host this workshop featuring the skills of SafeTeen – a Canadian organization focussed on building esteem and keeping kids safe.

www.soroptimisttricity.org

www.safeteen.ca