

# LEADERSHIP PROGRAMS FOR GIRLS AND YOUNG WOMEN



## YWCA MONTREAL

1355 RENÉ-LÉVESQUE BLVD. WEST | MONTRÉAL (QC) H3G 1T3  
www.ydesfemmesmtl.org

For more information contact **Emily Keenlyside**  
514.866.9941 # 509 | ekeenlyside@ydesfemmesmtl.org

*The Women's Y Foundation welcomes your donations.*

## Leadership in Action

*(2 hours weekly for 8 weeks)*

**Promotes** leadership and well-being amongst girls and young women aged 12-25 through the pairing of physical activity, kickboxing, yoga, dance, and self-awareness workshops.

## Action Makes a Difference

*(2 hours weekly for 6 months)*

**Engages** young women aged 17-25 in a long-term, collective project based on issues they identify as important in their communities. A follow-up activity to Leadership in Action.

## Girls Speak Out

*(6 hours x 2 days OR 2 hours weekly for 8 weeks)*

**Provides** space for girls aged 9 to 15 to develop their self-awareness and capacity for self-expression. Personal reflection and cooperation are encouraged through art activities, discussions and the creation of a talk show.

## Girls Naming Violence

*(2 hours weekly x 8 weeks)*

**Inspires** collective learning, critical thinking and self-expression around issues of interpersonal and systemic violence in the lives of girls aged 12-18. Learning tools include games, role-plays, drawing and debate.

## Summer Space

*(8 hours daily for 2 weeks)*

**Nourishes** solidarity, leadership and social consciousness amongst girls aged 10-15. Participants are kept active through animated workshops, journal writing, artistic activities and a wide range of physical activities.

## Early Sexualization Research Project

An action research project in cooperation with UQAM, currently in the research phase and seeking to develop pedagogical tools and training programs to respond to this phenomenon. A *Guide for Parents of Preteens* is available for free on our website [www.ydesfemmesmtl.org](http://www.ydesfemmesmtl.org)

The Y's programs for girls favour physical activity, artistic creativity, critical thinking, and the exchange of ideas. They are grounded in a shared model of empowerment that encourages personal reflection, self-expression, healthy relationship building, and effective, non-violent communication strategies.

Leadership, mutual support and a sense of safety are all nurtured through these programs and our young women facilitators embody these values in their direct interactions with participants.

## WHY GIRLS ?

Our programs address diverse issues specific to girls through workshops that balance personal development and self-esteem building with a critical understanding of stereotypes, socialization and inequality.

Girl-specific programs allow participants to take the time and space they need to express themselves with a level of openness that they may not be comfortable with in front of boys. With this model we also aim to promote greater awareness of girls' issues and to encourage schools and community centres to maintain space and time for girl-specific activities once programs have been completed.

### *More than developing positive self-esteem:*

The ability to communicate and act on one's growing confidence and awareness requires additional skills. Opportunities for ongoing reflection and self-expression encourage girls to affirm themselves with more conviction and assurance.

Collective problem solving and peer support nourish girls' sense of ownership over their learning, as well as a sense of shared experience and solidarity. Proposing strategies that are rooted in their reality and that also recognize the realities of others, further equips girls with tools to resist violence, respond to a friend in need, and defend each other's rights.

