



**STRONG
SMART &
BOLD**
**FALL 2020
PROGRAMS**



Registration is open for
Girls Inc. Limestone's **FREE**
Fall 2020 Programming!

For more information contact:
Justine Marchand, Program Manager
justinemarchand@girlsinclimestone.ca
Cell (613) 561-4487

www.girlsinclimestone.ca

**girls
inc.**

**GIRLS INC.
VIRTUAL
AFTER
SCHOOL
PROGRAM**

**TUESDAY, WEDNESDAY or THURSDAY
4:00 TO 5:30 P.M. on ZOOM**

The Girls Inc. After School Program is for girls in grades 4 to 8. Join us on Zoom for real-time, hands on activities and fun social time with your peers and Girls Inc. Leaders! Participants in the program will receive ongoing support including monthly activity packs, outdoor after school visits, and much more!

The fall program kicked off the week of October 5 and we're continuing to accept new registrations until the end of October!



Social isolation due to COVID-19 has been **TOUGH** on girls and their families and we're here to help! Girls Inc. Leaders are providing socially distanced, one-on-one curbside visits and delivering activity and supplies kits to girls all over Frontenac, Lennox & Addington, Hastings and Prince Edward Counties! When the weather gets cold, we'll continue to deliver kits and meet with girls by Zoom!

Participating girls are finding our visits are helping them manage the effects of isolation and the COVID-19 pandemic, and to address concerns they are having. This program is for girls in grades 1 to 12. Visits will take place during the day or after school - we can work with your schedule! We still have room for more girls in the program, so register now and secure your spot!

To register contact:

**KFL&A: cassiebrooks@girlsinclimestone.ca
(613) 532-7028**

**H&PE: lizzystevens@girlsinclimestone.ca
(613) 503-0135**

**GIRLS INC.
CURBSIDE
VISIT
& SUPPORT
PROGRAM**

**GIRLS INC.
VIRTUAL
MONDAY
NIGHT
MEET UP**

**MONDAY EVENINGS
4:00 TO 5:30 P.M. on ZOOM**

Girls Inc. Leaders are logging in on Monday nights for some good old fun and games - and maybe even some learning along the way! Relax and enjoy in real-time with mini projects and activities focused on all kinds of themes like photography, snack-making, game designing, movie reviews, virtual tours, arts and crafts, games and more!

This program starts **on Monday, October 26**, so register now to get in on the fun!

