

At **Brave Girls on Gabriola** — a camp program for girls aged 9 to 13 — girls will be exposed to a range of creative and skill-building experience. The mission of Brave Girls is to provide opportunities for girls to reach out to each other, to learn from and connect with local mentors, to build resiliency and overcome vulnerabilities, and to invest in the future of the island community.

The goal of Brave Girls is to encourage girls to discover what it means to be brave — to develop, nurture and strengthen friendships with other girls; to develop learning relationships with adult mentors; and to develop leadership skills and self-empowerment opportunities. Our intention is to create a fun, open and safe environment in which the girls will learn from each other, find acceptance and bonding with peers.



Brave Girl activities are skill- and art-based, and include Circus Arts training (e.g. stiling, hoops, clowning, theatre), Crafting Arts (e.g. mask-making, costume creation, multimedia art), Group Processing (e.g. circle talk, show and tell), Rites of Passage ceremonies (e.g. co-creating ceremonies to celebrate transitions e.g. menstruation, birthday, graduation etc.), and trades (both traditional and non-traditional).

Throughout the program, the girls will be encouraged to explore ideas of Healthy Body — physical health and development through creative movement — and Healthy Spirit — using expressive creative arts to help develop self-respect, self-love, and courage.

