

GIRLSPACE

GIFT CATALOGUE



**GIVE A GIFT
AND CHANGE A
GIRL'S LIFE**

YWCANWT.CA



WAYS TO GIVE

PLEASE SELECT THE CATEGORY YOU ARE INTERESTED IN
DONATE ONLINE AT YWCANWT.CA

GIFTS THAT GIVE BACK

GirlSpace is a youth-centred empowerment program that highlights girls' strengths and develops self-esteem, provides activities that value teamwork and community engagement, and provides a safe place to grow and learn about sexual health, relationships, and leadership.

CHOOSE A GIFT, MAKE A DONATION,
AND CHANGE A GIRL'S LIFE TODAY!



"I've learned so much being here. The girls accept me for who I am. I have gained great friends and being in this group has made me more confident, smarter about this world and woman abuse, and positive that I can change the world."

CULTURAL SUPPLIES

Your gift will provide supplies such as beads, tanned hide, sewing supplies and other arts and crafts materials so girls can express their creativity and build confidence in their skills while learning about culture and its effects on their community and family.

\$100



VOLUNTEER OUTING

Youth who volunteer are more likely to feel connected to their communities, do better in school, and are less likely to engage in risky behavior. Volunteer outings have high transportation costs. Become a volunteer sponsor today to give a girl the opportunity to boost leadership skills and gain valuable work experience.

\$200

CAREER EDUCATION AND TRAINING

Studies show that education leads to better, healthier lives. GirlSpace girls have improved school engagement and performance. Your gift will offer a chance to learn about the benefits of staying in school, resume building and career planning, and hearing from women in non-traditional female careers.

\$50



GIRLS HEALTH

NWT girls are more likely to experience depression or other mental health issues. Knowledge is power – your gift will be used to answer questions about sexual activity or STI's, teach healthy stress management techniques, and how to deal with peer pressure.

\$150



CREATE SAFER RELATIONSHIPS

The NWT has a family violence rate nine times higher than the national average. Your gift is needed to help GirlSpace provide information and education by raising awareness of healthy relationships and consent, being assertive, and the importance of safe, equal relationships with friends and partners.

\$75



GIFT OF CONFIDENCE

GirlSpace participants report they get along better with others, benefit from focusing on their strengths and developing their skills, and have higher self-confidence, self-esteem and connectedness. Your gift will ensure this importance program stays free for girls and families who need it.

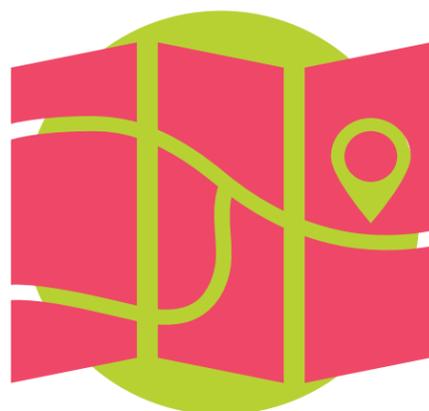
\$200



ACTIVITY EXCURSION

Physical activity keeps youth active, fit and having fun! Funds will be used for activities such as dance class or self-defence class, a trip to the climbing club or a hike.

\$100



ONE WEEK AT SUMMER CAMP

Girls build friendships, have new experiences and build their confidence at summer camping trips and sleepovers. Your gift will provide a safe, fun experience for girls to learn and grow.

\$1500



FRESH SNACKS

Your gift will purchase healthy snacks because kids learn best when their needs are met!

\$50

SOCIAL ACTION PACK

The Social Action Pack will help support girls who are speaking up about issues in the world around them including violence against women and girls. You'll be equipping girls with supplies, support networks and knowledge to help them make a difference in the world.

\$500



10 BOOKS

Your gift will provide girls with the educational resources they need to learn about culture, healthy relationships, and their bodies.

\$150

We will honour your generosity and use your donation in the most effective way possible. Each item is representative and donations will be used to provide assistance where it is needed most or to address a similar need.

YES! I WANT TO MAKE A DIFFERENCE IN THE LIVES OF YOUTH IN OUR COMMUNITY!

ITEM	PRICE PER ITEM	QUANTITY	TOTAL
CULTURAL SUPPLIES	\$100		
VOLUNTEER OUTING	\$200		
CAREER EDUCATION AND TRAINING	\$50		
GIRLS HEALTH	\$150		
CREATE SAFER RELATIONSHIPS	\$75		
GIFT OF CONFIDENCE	\$200		
ACTIVITY EXCURSION	\$100		
ONE WEEK AT SUMMER CAMP	\$1500		
FRESH SNACKS	\$50		
SOCIAL ACTION PACK	\$500		
10 BOOKS	\$150		

COMPLETE THIS FORM AND RETURN IT TO US BY EMAIL, REGULAR MAIL, OR CALL US WITH YOUR INFORMATION.

You can also donate online at www.ywcanwt.ca

Name: _____

Address: _____

City/Territory or Province: _____ Postal Code: _____

Phone: _____

E-mail address: _____

Method of payment (check one):

- cash
- money order
- cheque (Payable to YWCA NWT)
- credit card

Card type: _____

card number: _____

Expiry date: _____

Signature: _____

Receipts will be issued for donations of \$20.00 or more



MAILING ADDRESS:

YWCA NWT Box 1679 Yellowknife X1A 2P3
 ☎ 867-920-2777 ext 303
 Office location: Suite 104, 4904-54 Ave.

"GirlSpace educates on things I didn't even know existed. I learned about my rights and about body image which changed the way I thought of myself. I started thinking positive and being very optimistic! I also love to volunteer at the SPCA with my GirlSpace friends."

GirlSpace participant, age 12



YWCA NWT

GirlSpace is an awesome free program for girls ages 8 to 17.



"GirlSpace fills a unique niche in our community, and in my daughter's life. The activities really appeal to her but the deeper value is the girl-centred environment and discussions and sharing fostered by the amazing group leader who is entirely focused on the girls' needs. It's a challenge stick-handling all the complex issues children face, especially girls. GirlSpace supports my efforts and I'm relieved my daughter can have sensitive conversations with other girls in a safe space and with a positive female adult role model."

- Mother, GirlSpace participant



FOR MORE INFORMATION ABOUT THE PROGRAM CONTACT

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