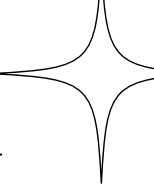


FAMILY WELLNESS CIRCLE

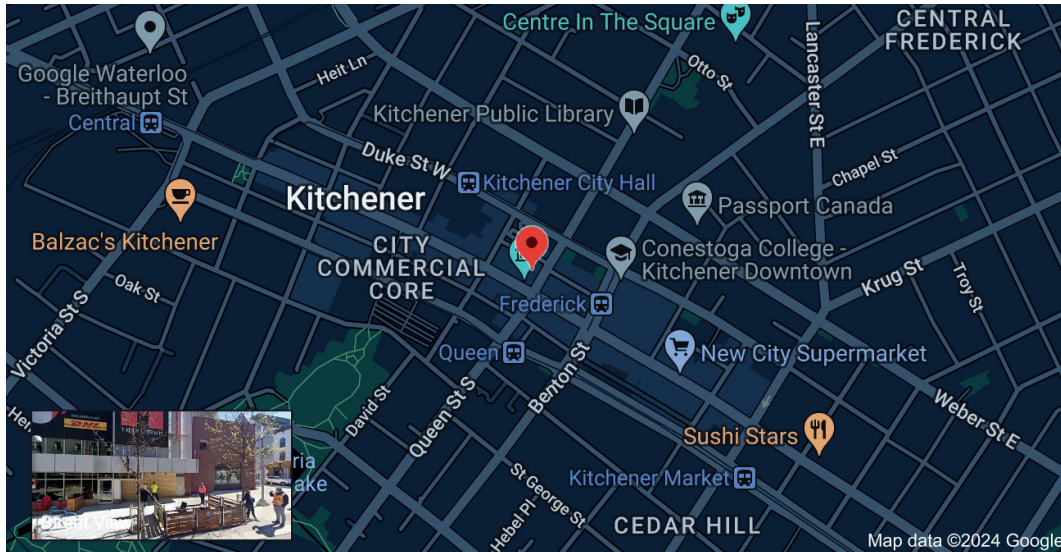
A Healing Experience For The Whole Family





Event Location

SDG idea Factory, 2 King St West, Kitchener, ON

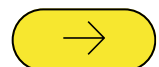


Event Time

12:0 P.M. - 2:30 P.M.

Event Space Details

- Accessible via Queen St Door
- Accessible washroom located on the lower level of the building
- Gender-neutral bathrooms are available
- Elevator inside building
- Ring the doorbell for access to building
- GLTBQAll+ Safe Space



Land Acknowledgements

The ForUsGirls Foundation recognizes that its programs takes place on land that is the traditional home of the Haudenosaunee (Ho-deh-no-show-nee), Anishinaabe (Ah-nish-nah-bay) and Neutral People. We recognize and deeply appreciate their historic connection to this place. We also recognize the contributions Indigenous peoples have made in shaping and strengthening this community. We are grateful for the opportunity to meet here and re-affirm our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our community.

About The ForUsGirls Foundation



The ForUsGirls Foundation founded in 2015, is an international not-for-profit organization providing innovative, skills & leadership development programs & opportunities for underserved & underrepresented young womxn & girls aged 10-25. We develop unique, fierce and daring young womxn and girls as a community & GoalKeepers of the UN 17 Global Goals. Since 2015, we have impacted over 5,000 young womxn and girls through our programs, humanitarian assistance and events through our signature programs; C for Coding; Be Fierce and Daring and Emerging, Young Global Leaders Accelerator. Our community impact and work has been featured in two CTV Kitchener tv segments in December 2019 & September 2020. We partner with tech companies like Deloittee and Shopify to empower young Black women entrepreneurs from Kitchener. As an organization we value wellness, innovation, activism, and leadership. We work within an anti-racist, anti-colonial, sustainable and responsive framework. Our leadership is reflective of the community we serve of Black and racialised women and gender-diverse people.

Black Girls Healing Through Wellness

The "Black Girls Healing Through Wellness" project is dedicated to creating a safe and nurturing space for young Black women, girls, trans, and nonbinary individuals. Our primary mission is to equip them with healthy coping mechanisms to manage stress, anxiety, and depression arising from the long-term effects of the COVID-19 pandemic and subsequent lockdowns. Through this mental health program, we aim to enhance girls' overall well-being between the ages of 11- 16 with financial contributions from the Canadian Red Cross and the Public Health Agency of Canada.

Program Objectives

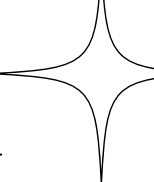


- To provide Black young women and girls a safe space to receive culturally responsive counselling, therapy and mental health resources.
- To provide Black young women and girls with coping mechanisms to deal with various mental health conditions and scenarios concerning social group settings and social media.
- To connect Black young women and girls to wellness practitioners and clinicians to provide group and individualized therapy services.

Workshop Components

- Mindfulness and meditation practices
- Physical fitness & healthy body image
- Group therapeutic sessions
- Creative journaling & self-reflection





Family Wellness Circle

Family Wellness Circle provides a safe and supportive environment for parents and guardians to learn how to adopt and integrate their child's newly formed wellness journey. This circle will also provide space for the child to reflect on their participation in the program, what they learned, what issues they want to address at home, and what they want to work on to become a more mentally & emotionally healthy child. The expected outcome of this wellness circle is for the family members to be aware of the child's mental health & emotional state and open the family's consideration to seek additional counselling & therapy for their child and family.



Event Sponsors



Financial contribution from

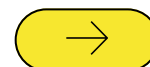


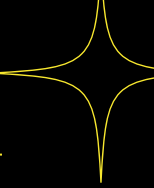
Public Health Agency of Canada / Agence de la santé publique du Canada

Partnered Organizations



Canadian Mental Health Association Waterloo Wellington





Event Program

TIME	ACTIVITY
12:00 A.M. - 12:30 P.M.	<p><i>Welcome Community Social</i></p> <ul style="list-style-type: none"> • Coffee & Pastries provided by Starbucks • Platters provided by Joanie's Lunch Box
12:30 P.M. - 12:45 P.M.	<p><i>Welcome & Introductions</i></p> <ul style="list-style-type: none"> • Land Acknowledgements • Greetings, ForUsGirls Foundation Founder & CEO, Aminka Belvitt • Program Team Christhina Mattis, Selah Banton, Chaenel Mattis, and Gabrielle Lamm
12:45 P.M. - 1:15 P.M.	<p><i>Wellness Plans & Presentations of Certificates</i></p>
1:15 P.M. - 1:35 P.M.	<p><i>Partnered Organizations Presentations</i></p> <ul style="list-style-type: none"> • Waterloo Region Small Business Centre • CanadianMental Health Associaton of Waterloo Wellington • SHORE Sexual Resource Centre
1:35 P.M. - 2:05 P.M.	<p><i>TAMBITIOUS</i></p> <ul style="list-style-type: none"> • Journaling And Envision Your Goals Workshop
2:05 P.M. - 2:10 P.M.	<p><i>CLOSING ForUsGirls Foundation Founder & CEO</i></p> <ul style="list-style-type: none"> • Spring 2024 Programs • Join The ForUsGirls Foundation Team
2:10 P.M. - 2:30 P.M.	<p><i>Community Social</i></p>





Get In Contact With Us.

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Website

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