



MCRC

She Can!

GIRLS EMPOWERMENT PROGRAMS
School and B&A Program Guide

In partnership with:



United Way
Halton & Hamilton



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



SHE CAN! PROGRAM GUIDE

IN-SCHOOL LUNCH HOUR/NUTRITION BREAK, AFTER SCHOOL, VIRTUAL.

Milton Community Resource Centre's She Can! programs are girl centered, designed to empower and uplift girls (inclusive of cisgender and transgender) and gender-diverse youth in our community. These programs foster strength, confidence, self-esteem, mindfulness strategies, healthy coping strategies, media literacy, social connection and leadership skills through hands on activities and thought provoking discussions.

She Can! facilitators design the programs alongside the participants and cater to their interests and needs, ensuring that it is age appropriate and that it meets the needs and interests of each specific group.



CURRENT PROGRAMS

Currently, MCRC is offering 5 different She Can! programs.

1. SHE CAN LEAD!
2. SHE CAN BE MEDIA SAVVY!
3. SHE CAN BE STRONG!
4. SHE CAN CHOOSE!
5. SHE CAN THRIVE!

SHE CAN LEAD!

At She Can Lead, we believe in fostering strong relationships within a supportive community to become effective leaders. Participants in the She Can Lead! program will build relationships with their facilitators and their peers as they explore communication styles, team-building and leadership skills. This will be delivered through a variety of cooperative games, team building activities, discussion groups and role plays.

PROGRAM DETAILS

GRADE RANGE: 3 - 6

OF PARTICIPANTS: 8 - 12 (15 MAX)

OF SESSIONS: 10 WEEKLY SESSIONS

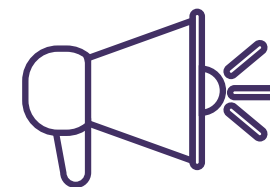
DURATION: 40-60 MINUTES

**FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,
AFTER SCHOOL**



LEARNING FOCUSES

This program has three learning focuses. While the program will touch on each one, facilitators will adjust the emphasis depending on the participants' needs and interests.



COMMUNICATION



TEAM BUILDING



LEADERSHIP
SKILLS

SHE CAN BE MEDIA SAVVY!

In the She Can Be Media Savvy! program, participants will gain skills to analyze, evaluate and differentiate between fact and fiction in the media landscape. We hope to empower them with critical thinking abilities, transforming them into savvy consumers of media while also understanding the profound impact media holds in shaping our culture. Discussions and activities will include traditional platforms (radio, television and print) and modern channels such as texting, social media, viral videos, memes, and video games. Participants will analyze beauty standards set by North American media and how it impacts their self-esteem and confidence.

PROGRAM DETAILS

GRADE RANGE: 3 - 6

OF PARTICIPANTS: 8 - 12 (15 MAX)

OF SESSIONS: 10 WEEKLY SESSIONS

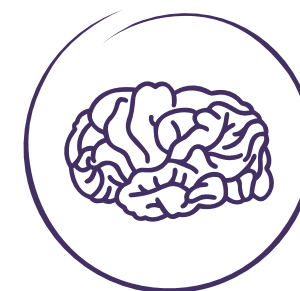
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LEARNING FOCUSES

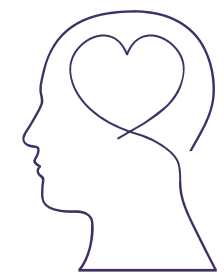
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CRITICAL THINKING



ONLINE SAFETY



SELF ESTEEM &
BEAUTY STANDARDS

SHE CAN BE STRONG!

The She Can Be Strong! program combines physical activities, nutrition, positive relationships with food, stress management and building self-esteem. These areas form a foundation for participants to cultivate a positive approach to self-care, ensuring their bodies, minds, and souls are strong! Participants will develop problem-solving skills and conflict-resolution techniques with a special emphasis on avoiding dangerous situations. Emotional self-defense will be explored, including boundary setting and assertiveness, empowering participants to say no when needed. Physical self-defense techniques may be taught by a qualified martial arts instructor if/when an appropriate space is available.

PROGRAM DETAILS

GRADE RANGE: 3 - 8

OF PARTICIPANTS: 8 - 12 (15 MAX)

OF SESSIONS: 10 WEEKLY SESSIONS

DURATION: 40-60 MINUTES

**FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,
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LEARNING FOCUSES

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PHYSICAL
ACTIVITY



POSITIVE
RELATIONSHIPS
WITH FOOD



MINDFULNESS



BOUNDARY
SETTING

SHE CAN CHOOSE!

The She Can Choose! program focuses on the power of choice each of us has. A variety of hands-on and group experiences will reinforce the importance of making conscious choices- from choosing to prioritize health and doing our best to taking accountability and celebrating our unique abilities. Through engaging activities, participants will develop stronger communication skills while learning to recognize stress and acquire healthy ways to respond to it- essential skills that support healthy decision-making and help resist negative peer pressure. Real-life scenarios and role-play will allow participants to think through how to respond when feeling pressured in a social setting.

PROGRAM DETAILS

GRADE RANGE: 4 - 8

OF PARTICIPANTS: 8 - 12 (15 MAX)

OF SESSIONS: 10 WEEKLY SESSIONS

DURATION: 40-60 MINUTES

FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,
AFTER SCHOOL



LEARNING FOCUSES

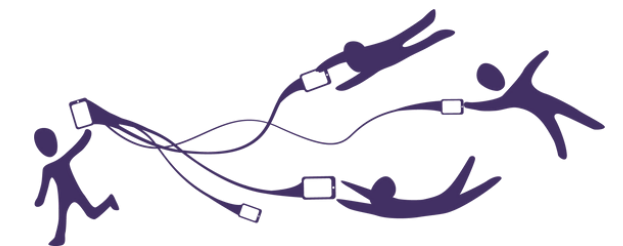
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COMMUNICATION



STRESS
MANAGEMENT



PEER
PRESSURE

SHE CAN THRIVE!

At She Can Thrive, we recognize the social and emotional challenges that have emerged during and after the Covid-19 pandemic. Our program empowers girls (inclusive of cisgender and transgender) and non-binary youth in grades 3–6 to build resilience, confidence, and connection.

According to the Canadian Women's Foundation, 7% of youth aged 12–14 report fair or poor mental health—a number that doubles by ages 15–17. At She Can Thrive, we aim to make a positive impact by providing tools, coping strategies, and creative outlets for self-expression.

Each session is guided by four key learning focuses, tailored to the needs and interests of participants:

PROGRAM DETAILS

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OF SESSIONS: 10 WEEKLY SESSIONS

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LEARNING FOCUSES

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MINDFULNESS



MEDIA
LITERACY



SELF -
EXPRESSION



SOCIAL
CONNECTION