

# Girls on the Go Group



**Date: Every Saturday**  
**Starting September 16– November 4, 2017**

**Time: 11:30am to 2:30pm**  
**Location: Welcome Centre North**  
**(8400 Woodbine Ave, Suite 102-103**  
**Markham, ON L3R 4N7 (South of Highway 7)**

**Ages: 15+**

**Support Ratio: 1:5**

**\*1:1 support– a worker must  
accompany the individual to  
the program.**

**Cost: \$160**

**(Includes 8 Sessions)**

This program is for young girls who want to have fun while working on self-esteem, encourage experiential learning, learning new life skills, and so much more.

**Activities: Building relationships, Physical Activities, Yoga, Dance ,Transit Training, Cooking, literacy, Arts & Craft More...**

**To Register Contact: Sadia Shaukat**  
**905 884 9110 ext. 640 or**  
**sshaukat@communitylivingyorksouth.ca**