



Girls' Fund

The Girls' Fund* supports programs that give girls and gender-diverse youth tools to develop into confident, resilient people, right when they need this support the most. It builds participants' skills, provides them with mentorship opportunities, and deepens their self-esteem in safe spaces just for them. Girls' Fund programs offer: STEM education, sports and physical activity, media literacy, Indigenous culture and connection, and mentorship.

- 75% of participants in the girls' programs we fund feel more resilient
- 62% of participants feel more confident
- 93% of participants go on to feel empowered in their futures

Excellence Beyond the Local Program: The Canadian Women's Foundation is also committed to bringing together experts who lead girl programs to discuss emerging issues, share best practices, and collaborate to build their excellence based on evidence about what works. And we support them to push for what they need to do their best work alongside girls, families, and communities they serve.

**Programs are supported for a four-year grant cycle.*



www.canadianwomen.org

Toll free: 1-866-293-4483 | TTY: 416-365-1732
Email: info@canadianwomen.org

Charitable Registration: 12985-5607-RR0001

In Participants' Words



"I used to feel like an outside and I wanted to belong. Now I do."

"Before taking this program, I did not have much interest in science, but now I do."

"Going to girls' group makes me feel proud to be Native."

"Now every time I look at a magazine I see a different perspective than what I saw before. Now I question everything I see."

"The program helps me to not be peer pressured and to say 'no'."

"I learned that it is okay to be a girl and that girls really can do anything boys can do!"



ALBERTA

Oskinikiskwew (“Young Woman”), Samson Community Wellness (Maskwacis)

Provides a culturally-safe place for Indigenous girls to build a positive, healthy gender and cultural identity. It increases protective factors for Indigenous girls in relationships with others, teaches cultural practices, and helps girls build coping and leadership skills.

Girl Power, Girl Force, Women’s Centre of Calgary (Calgary)

Offers safe spaces for girls to build community, explore important issues, and build leadership and activism skills. Includes summer camps, afterschool programs, an annual Girl Connect event, a Girls’ Walking Tour, and opportunities to get involved in the centre and community.

BRITISH COLUMBIA

Circles of Care-Circles of Courage, Cowichan Valley & Malahat First Nation (Duncan)

Weekly group for girls of the Malahat Nation on Vancouver Island. Provides a learning environment to help girls grow and get tools and resources to build their resiliency at a critical stage of their development.

Power Girls - A Migrant Girls STEM Project, DIVERSEcity Community Resources Society (Surrey)

In partnership with DIVERSEcity and Science Alive, this empowerment program

helps racialized girls with migrant experiences learn STEM concepts through play-based learning. It builds their critical thinking, creativity, life skills, problem-solving abilities, and teamwork.

łiłičałukwiłasin (“Steer Canoe in the Right Direction”), Huu ay aht First Nation (Port Alberni)

Through weekly sessions and retreats integrating cultural practices and mentorship, this program helps girls develop meaningful, healthy relationships, gain a strong sense of cultural identity, manage mental health, and avoid self-harm.

GRIT (Girls’ Resilience, Ingenuity, and Tenacity) Program, Terrace Women’s Resource Centre (Terrace)

Uses a strengths-based approach to help girls become future leaders. Girls learn and practice intercultural understanding and conflict resolution while celebrating inclusion.

MANITOBA

SADI Girls’ Group Mentoring Program, Survivor’s Hope (Pinawa)

Trains high school mentors in Sagkeeng First Nation and Powerview-Pine Falls to lead empowering programming with grade six students on respect, self and community care, leadership, and healthy relationships.

Girls Can... Mini University (Brandon)

Interactive learning about science in a safe, fun, non-judgemental environment. Girls get 16 weeks of programming in an array of

areas such as robotics, digital music, media literacy, and equine-assisted learning to build self-confidence and self-esteem.

NEWFOUNDLAND

Intergenerational Girls Empowerment Program, First Light - St. John Native Friendship Centre (St. John)

Connects girls with community Elders and seniors as mentors, and provides outings, guest speakers, and cultural activities that focus on Indigenous traditions and ways of learning and healing.

NORTHWEST TERRITORIES

Strong Girls Strong North Girls Club, YWCA NWT (Yellowknife)

Weekly youth-led programming offers girls space to explore their gifts and strengths and learn about violence and its root causes, build self-esteem, make healthy choices, and foster their leadership potential.

NOVA SCOTIA

Girls Count, SuperNOVA at Dalhousie University (Halifax)

Combines weekly educational programming with mentorship to help boost girls' engagement with math and increase their exposure to STEM fields.

Girl Code, ElevateHER (East Mountain)

Offers a supportive, confidence-building environment where girls, trans, genderqueer, gender non-binary, and Two Spirit participants discover their true potential, develop independence and identity, and build healthy relationships with older youth mentors.

ONTARIO

HERd Zine League, LUSO Community Services (London)

Builds girls' media literacy skills, encouraging them to rethink gender stereotypes and create their own zines, writing, collage, and other media to promote empowering images and messages.

RISE Empowerment Program, Community Resource Centre Inc. (Killaloe)

Provides rural girls and trans and non-binary youth opportunities to connect, express themselves, learn their rights, and build healthy habits and leadership skills, ultimately readying them for their high school years.

Tipihew ("She has equal capabilities"), Aboriginal People's Alliance of Northern Ontario (Kapusksing)

Builds confidence and access to community resources for girls and 2SLGBTQII+ youth, helping them overcome barriers and get more engaged at school, in sports, and in their community. Mentors help participants learn coping strategies and leadership skills.

Speak Up Program: “Girls’ Group”, Community Arts and Heritage Education Project (Thunder Bay)

Professional artists help girls use art to build leadership skills and explore what it means to be a girl and how girls can help bring about social change.

QUÉBEC

Nous aussi, on peut le faire, L’Oasis des enfants de Rosemont (Montreal)

Girls meet and build a strong sense of community and confidence, as well as develop their potential to face challenges and achieve their goals.

Le Centre filles mobile, YWCA Québec (Québec City)

Girls lead this program--they decide on goals and activities that will enable them to explore their identities and develop confidence, leadership skills, critical thinking, and sense of belonging.

NATIONAL EXCELLENCE- BUILDING

Girls Without Barriers, DisAbled Women’s Network (Montréal)

Grounded in research with girls with disabilities and/or girls who are Deaf, this program provides tools and information to girl-serving services and programs to help them become more accessible, inclusive, and effective for people of all abilities.

The Canadian Women’s Foundation

is a national leader in the movement for gender equality in Canada. Through funding, research, advocacy, and knowledge sharing, we work to achieve systemic change. We support women, girls, and gender-diverse people to move out of violence, out of poverty, and into confidence and leadership. Since 1991, the Canadian Women’s Foundation has raised more than \$130 million to fund over 2,500 life-transforming programs throughout the country.

IMPACT OF YOUR SUPPORT

