

Be Strong
Together

BE STRONG TOGETHER

Free Virtual Female Mentorship Program

Run by Female University Students
Open for girls ages 4-10



What Do We Do?

- **Group activities:** Including fitness activities and interactive lessons! Lesson examples: confidence, healthy eating, sleep, self-esteem, and being safe on social media.
- **Experience Sharing:** Each week, mentors will share their experiences and lessons learned on their journeys.
- **Mentorship:** 1-hour mentorship session led by 1 mentor (a female university student). Bonding, advice and experience sharing, activities, and more!



BENEFITS:

Mentored
100+ kids
since 2021!

- **We Immerse** her in a world of educated women
- **We Provide** her with strong female role models
- **We Teach** her to make and reach her own goals
- **We Inspire** her to be independent & resilient
- **We Show** her the possibilities

REGISTER TODAY!



WWW.BESTRONGTOGETHER.CA

PROGRAM TIME:

Thursdays 5:30-7pm EST on ZOOM
September 15th 2022-April 2023



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