

The Scoop

The Missisquoi North Volunteer Centre (CAB) has a new weekly youth program as a pilot project for young girls that emphasize positive self-esteem, productive choices, inclusivity and community involvement.

Young Leaders Program celebrates the 'fabulousness' of being who you are!

THE SCOOP



MABLE HASTINGS

urdays. The emphasis in the first six weeks is on self-esteem and self-expression. Surfacing sometimes hard to discuss topics and finding ways to express emotions and then sharing tools to get through tough situations is important and vital for children. Issues like body image, social status, bullying and other topics are shared in a safe environment.

The girls are encouraged to take the tools learned and to apply them in their school, home and social life, always emphasizing the aim of bringing positivity to others and encouraging friendship, cooperation and continued self-growth and awareness.

Following the first six weeks of the program, the group will begin to explore using the leadership tools they have acquired in getting involved in the community. The purpose of the program is to start leadership focus at a young age and carry it through to adulthood thus providing spirited volunteers who will approach groups and situations with "team spirit," and a self-awareness allowing involvement to be a win/win situation for both the giver and receiver.

As the girls focus on their own gifts, needs, insecurities and triumphs, the



MABLE HASTINGS

Pictured, back row: The Fabulous Kimmy, Brianna and Maeva and in the front row, the Fabulous Kadie and Kate, members of the new young leaders pilot program in Potton.

growth is apparent each week. A fascinating transformation for some and subtle changes for others, from homework to sibling exchanges, the positives are noted by parents. With a variety of tools

like the Dove Company's free on-line exercises, (selfesteem.dove.ca), for youth, parents, schools and community groups, it is easier to access tools to use when

CONT'D ON PAGE 7

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