In a world that constantly tells young people how they should look and has a narrow definition of 'beautiful', how can we help them value their unique beauty and stay true to themselves?

This one-day event for female-identified youth aged 10 to 12 yrs. will focus on raising body confidence, navigating social media, and realizing their unique strengths. Through a combination of fun activities, games and art, participants will leave feeling more confident and proud of who they are.