


Girls with Grit at Westview Elementary for grades 5-7
NEW DATES & EXTENDED HOURS
April 8, 15, 29 from 3:15 - 5:15 pm




new dates!

WESTVIEW ELEMENTARY SCHOOL

MONDAYS APRIL 8, 15, 29 / 3:15-5:15PM
GRADES 5-7



GIRLS with GRIT 

GIRLSWITHGRITVANCOUVER.COM

Let's raise a generation of kids (in this case, any humans who identify as girls) who are mentally happy and healthy, who know it's okay to be strong and soft at the same time, who know how to deal with adversity, and who are totally in-tune with their unique

awesome-ness.

At Girls with Grit, we use yoga to show how strong our bodies are, mindful meditation (aka #braintrain) to show how strong our spirits are, and awesome crafts to show how strong our creative sparks are.

We also talk about real topics like friendships, stress, pressure, anxiety + mental health, gender stereotypes, technology, compassion, empathy and what being an awesome girl is really all about.

Oh yeah - we also laugh a lot! And we'd love you to join us.

Westview Elementary School qualifies for special pricing: \$90 (instead of \$120) and a 10% donation is given back to Westview PAC.
register here:

<https://www.eventbrite.com/e/girls-with-grit-at-westview-elementary-school-grades-5-7-mondays-apr-81529-tickets-53440032576>