Dwell in Wellness

Submitted by Russ, a long-time Guelph CHC volunteer

Opportunities for children and youth who identify as girls- October 2025

October 11 is <u>International Day of the Girl Child</u>. "Canada led the international effort to establish this day to draw attention to the persistent inequalities and dangers that too many girls face..." Today, girls "are leading the way as students, entrepreneurs, volunteers and activists, and proving that you are never too young to shape the future and improve the lives of others."

The University of Guelph has three free workshops every fall and winter "designed to inspire and engage young girls in STEM." (STEM includes subjects in science, technology, engineering and mathematics.) The workshops are for youth in Grades 7-10 who identify as girls or gender diverse. The organizers say register early as these workshops are very popular.

 • <u>Go ENG Girl</u> October

Games and activities "to explore the world of engineering and discover opportunities in engineering-related fields."

 • <u>Go PHYS Girl</u> November

Girls will spend "a few hours on campus to learn about the incredible world of physics and future career opportunities."

 • <u>Go CODE Girl</u> February

Learning to code can lead to

 - increased digital confidence

 - a different way of thinking about problems

 - helping create solutions in almost any discipline

The YMCA of Three Rivers (Guelph) has <u>free youth programs for ages 13-18</u>.

 • Empower Hour for female-identifying youth to discuss "topics like body positivity, combating negative self-talk, mental health and more"

 • 2SLGBTQ+ weekly recreational and learning opportunities, plus a light meal

You can watch the Northern Super League of Canadian women's soccer for free on CBC Gem:
https://gem.cbc.ca/benefits
https://gem.cbc.ca/nsl-on-cbc

The CBC Athletics youtube channel has several games from 2021, including women's soccer and basketball: https://www.youtube.com/@cbcathletics5488/streams

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Other organizations in Guelph welcome girls. Note that there may be fees to participate.

The Guelph Youth Basketball Association's Jr. Gryphon program has try-outs for tween and teen girls every fall, although there are try-outs for some age groups in spring. The only equipment needed is "a pair of athletic shoes (most stores sell 'basketball' shoes), a water bottle and...a pair of shorts and a tee shirt."
https://www.facebook.com/guelphbasketball/
https://www.guelphbasketball.com/girls/

The Guelph Soccer Club has activities for all ages (even as young as 3) in its recreational programs, and financial support is available. Equipment must include shin guards, and soccer shoes with cleats are highly recommended, though running shoes are acceptable. A jersey will be provided to each participant. Women 16 and over can register for the She's Got Game - She Can Coach project. It strives "to support and advance gender equality in sport by breaking down the barriers of entry for women to coach."
https://www.guelphsoccer.ca/financial-assistance
https://www.guelphsoccer.ca/shes-got-game-she-can-coach

Guelph Girls Hockey Association
https://ggha.com/

Big Brothers Big Sisters of Guelph
https://guelph.bigbrothersbigsisters.ca/what-we-do/our-programs/

Girl Guides Guelph
https://www.girlguides.ca/web/ON/Links/ON/Who_We_Are/Communities/Community_6_contact_information.aspx