GirlPower is a friendship program that inspires “Tween” girls (6 to 12 years old) to feel empowered, develop a strong sense of self, and love themselves while learning to manage the most important things to them...their friendships.

Join Dana Kerford, Teacher & Friendship Expert and the Founder of the internationally recognized program GirlPower, during her visit to Sydney! Learn how to guide your daughter though the unpredictable world of female friendships. You will learn strategies to help her put out “Friendship Fires”, how to empower her to stand up for herself, & the best ways to support her through unhealthy friendships. GirlPower will give you a new “language” for talking about friendship, helping you connect with your daughter and open up those lines of communication.

Girls will learn the Friendship Facts, how to use the Friend-o-meter to assess friendships, and how to put out those common Friendship Fires. GirlPower empowers girls with the skills, language, and self-confidence to be better friends and develop healthier friendships.

**Wednesday 7 May**

5:00 pm - 7:00 pm  
**The Language of Friendship**  
For girls in Years 3 to 6 and parents

**Where:**

School Hall  
Northbridge Public School  
Sailor’s Bay Road, NORTHBRIDGE NSW

**Register today!**

Tickets are $35 per person and include the workshop, handouts, a GirlPower pencil and sticker, and an opportunity to ask questions following the workshop. Posters & workbooks will be available for purchase. To register, go to: [www.trybooking.com/CXWE](http://www.trybooking.com/CXWE)

To learn more about GirlPower and the programs available for girls, parents, and educators, please visit [www.urstrong.com](http://www.urstrong.com) or email Inside.Out@pc.wa.edu.au.

**Dana Kerford**  
Founder of GirlPower

**Deb Perich**  
Licenced GirlPower Facilitator

[www.urstrong.com](http://www.urstrong.com)  
[girlpower@urstrong.com](mailto:girlpower@urstrong.com)