

You're Invited!

To join Go Girls! at your school.



"The best part of Go Girls is hanging out with the leaders, meeting new people, and making new friends."

- Go Girls! Participant

"Go Girls has taught me that I am beautiful just the way I am."

- Go Girls! Participant

"I learned in Go Girls that it's important to eat from different food groups, but you should get a treat once in a while."

- Go Girls! Participant



Go Girls! Healthy Bodies, Healthy Minds.

Go Girls! encourages physical activity, healthy eating, and the development of a positive self-image among girls ages 11-14. This after-school program is 7 to 8 weeks long, led by female volunteers, ages 19-25, within our partner schools.

Go Girls! will be at your school soon.

Contact your School Champion to learn more.

Phone: _____ E-mail: _____



Big Sisters
of BC Lower Mainland