



GLAM Group!

Calling all girls (including those who use she/her pronouns or identify as allies)! Join us for a fun, supportive, and empowering group designed just for pre-teens between the ages of 11-13

This is your space to hang out with friends, build confidence, and talk openly about self-care, mental health, emotions, and the changes that come with growing up. Each session is guided by a caring leader who will help spark thoughtful conversations in a safe and inclusive environment—where every voice is welcome and respected.

You'll also have time to get creative with fun activities, express yourself, and build practical tools you can take with you into everyday life. Plus, enjoy a tasty snack while you're here!

5 sessions: May 22nd - June 19th

Thursdays 3:00 pm - 5:30 pm

Fee: \$45.00 - Activity Code: 76728

Register: [Burnaby.ca/webreg](https://burnaby.ca/webreg)

Creekside Youth Centre
2720 Beaverbrook Crescent
604-294-7607

