

NEWSLETTER

GIRLS IN SPORT



Girls Reap a Multitude of Benefits From Christie Lake Kids' Programs

Christie Lake Kids (CLK) is a not-for-profit organization that believes that the experience of growing up in poverty should not define a person or limit their potential. In addition to offering a vibrant summer camp experience, CLK delivers afterschool and weekend programs for hundreds of Ottawa's most vulnerable children. Our year-round programs offer opportunities to learn physical, character-building, and social skills in a safe, encouraging, and inclusive environment, at absolutely no cost to our participants.

In addition to our co-ed curricula, CLK has provided girls-only programs for over ten years, including basketball, swimming, drama, yoga and dance, as well as an annual girls-only camp weekend.

It was imperative to establish, develop, and support girls-only programming to suitably serve the growing multicultural populations in our service communities. Parents expressed greater trust and comfort when registering their daughters, knowing that they would be engaged in a single-gendered environment with female mentors supporting their learning. This is especially so when sending their girls to camp: many would never have an opportunity to attend a camp program if it wasn't for our girls-only option, which promotes positive development supported by an exclusive group of female counsellors.

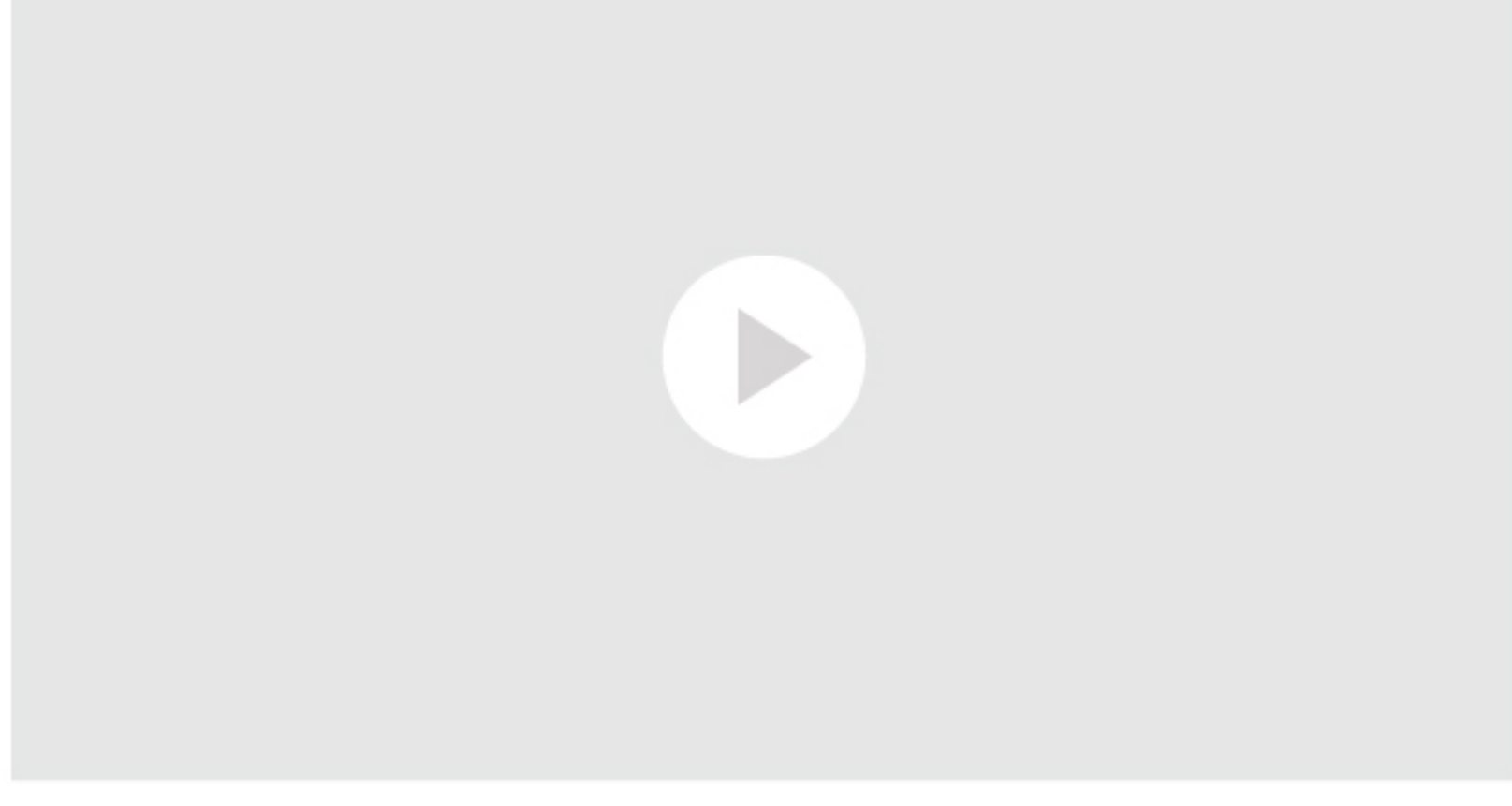


CLK believes that girls-only programming is important for more than just cultural reasons. Studies have shown that girls living in poverty are twice as likely to be involved in criminal activity, are 1.5 times more likely to be in poor mental and physical health, and that they are two times more likely to have low language and math skills compared to more economically advantaged peers. Young women living in poverty are also more likely to have employment barriers due to a lack of skill sets, knowledge, and opportunity. All of these combined creates a demand for immediate and focused service, to design and sustain gender and age-specific programming that promotes greater equity for these girls growing up in a modern, Canadian society.

Girls from low-income families who are given support enjoy improved outcomes in both the short and long term.

That is why CLK is committed to providing programs that lead to the development of leadership abilities, recreational skills, social confidence, and community engagement.

With consistent exposure to positive role models and peer support, barriers can be overcome. We believe strongly in the pursuit of meaningful engagement with Ottawa's most disadvantaged young women, to support the acquisition of important life skills, increased personal resiliency and stronger self-esteem through participation in our girls-only programming.



February is an especially exciting time for the fifty young women who eagerly await and participate in our annual Girls Only Camp. Each year, these girls have an opportunity to spend a wintery weekend at the beautiful Christie Lake Camp, actively participating in outdoor environmental activities, fun games, sports, and crafts, all while sharing the experience with new friends and supportive mentors.

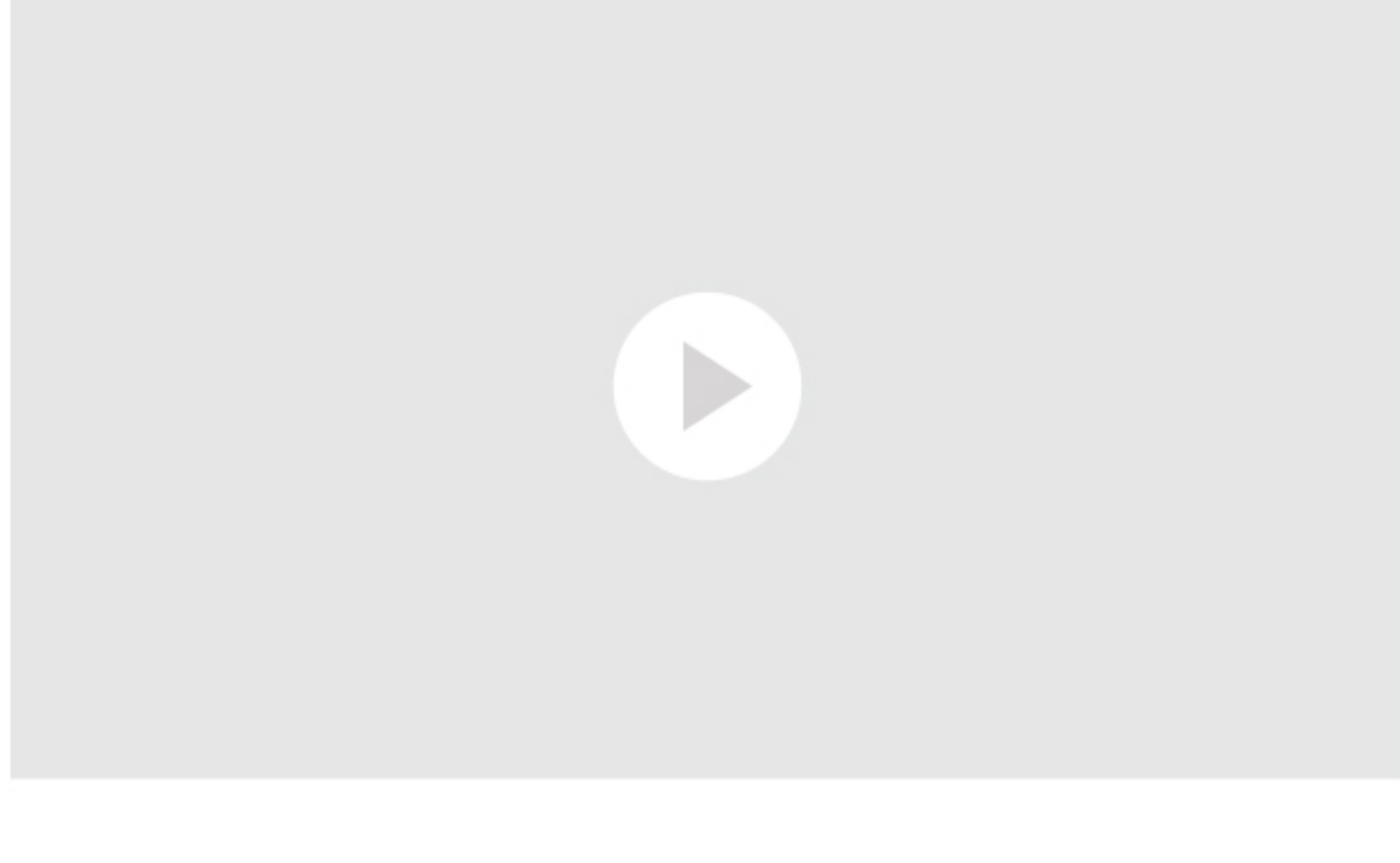
In the fall of 2017, our Inner City STAR program expanded into the Strathcona Heights community, and with consideration to the young women there, we welcomed them to our Girls Program, a multi-activity hour that focuses on female-friendly themes including self-love, respect and building confidence.

Our new service community boasts an eclectic mix of ethnicity and culture, and we have achieved excellent integration by celebrating what makes each girl unique, while also instilling values that will contribute to her own personal growth and achievement in later life.

These twenty little girls, age 7-12, maintain the highest attendance rate of our current STAR programs, speaking directly to our success in support and care through meaningful relationship building and camaraderie between staff, volunteers, and participants. We are looking forward to building our reputation and program repertoire while working in this new community, and we are thrilled to have begun that journey by supporting the sisterhood of our Girls Program!



None of what we do would be possible without the generous support of our donors and sponsors. If you would like to help Christie Lake Kids work to shape a better future for girls in need in Ottawa, please consider [donating today](#).



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