



Girl Guides
of Canada
Guides
du Canada



FACT SHEET

Girl Guides of Canada – Guides du Canada is the leadership organization for girls and women in Canada, with 90,000 Members across the country. Guiding is bold, fun, energetic and empowers girls and women to face challenges with confidence.

- Guides welcomes girls and women to join and be a part of the following groups:
 - Sparks – ages 5 and 6
 - Brownies – ages 7 and 8
 - Guides – ages 9 to 11
 - Pathfinders – ages 12 to 14
 - Rangers – ages 15 to 17+
 - Adults – as leaders, mentors, team members and more

Each of these groups offer the best of what Guiding is today – dynamic programs, choice, and leadership opportunities

WHAT WE OFFER

- For girls, Guiding is an accepting environment with diverse and exciting programs and activities that offer the chance to discover new interests, learn valuable leadership skills and make lasting friendships. Guiding gives girls the tools and resources they need to achieve greatness.
- For women, Guiding is a chance to make a difference in the lives of girls and young women. It's a place for personal growth, mentoring and travel opportunities.

INNOVATIVE GIRL PROGRAMS: SUPPORTING GIRL GREATNESS

Guiding's contemporary programming reflects the needs and interests of today's girls. From camps and international trips to badges such as Streetwise, Eating Local, Fashion and Career Awareness, we're offering girls more of what they want.

- **Young Advocates Fund** encourages girls to become active members of their community and the wider world by developing leadership and advocacy skills while planning and implementing their own social change initiatives.
- **Girls United Challenge** gives girls tips and strategies to stand up against bullying, support each other and create a safe and caring Canada for their peers.
- **'Canadian Girls Say...'** is a groundbreaking project that helps girls identify the issues they care about in their communities through photography.
- **Girl EmPower Challenge** offers age-specific activities to help girls learn about healthy, equal-non-violent relationships.



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- **Love Yourself Challenge** builds and encourages healthy self-esteem and positive body image. Girls explore aspects of body image, self-esteem, and health and nutrition.
- **Girls for Safer Communities** aims to increase awareness about the safety concerns of girls and women while mobilizing girls to become leaders in their communities.
- **Tree Planting Grants** give girls the tools they need to affect change and improve their environment by coming together to green their communities.

HOW GUIDING IS DIFFERENT FROM OTHER EXTRA-CURRICULAR ACTIVITIES

Guiding is unique in the breadth of its focus, which ranges from leadership development to global awareness to environmental stewardship. Guiding offers the widest range of activities of any extracurricular program for girls or of any volunteer experience for women. Our exciting programs enable girls and women to challenge themselves with the emotional safety that can only come from an all female environment.