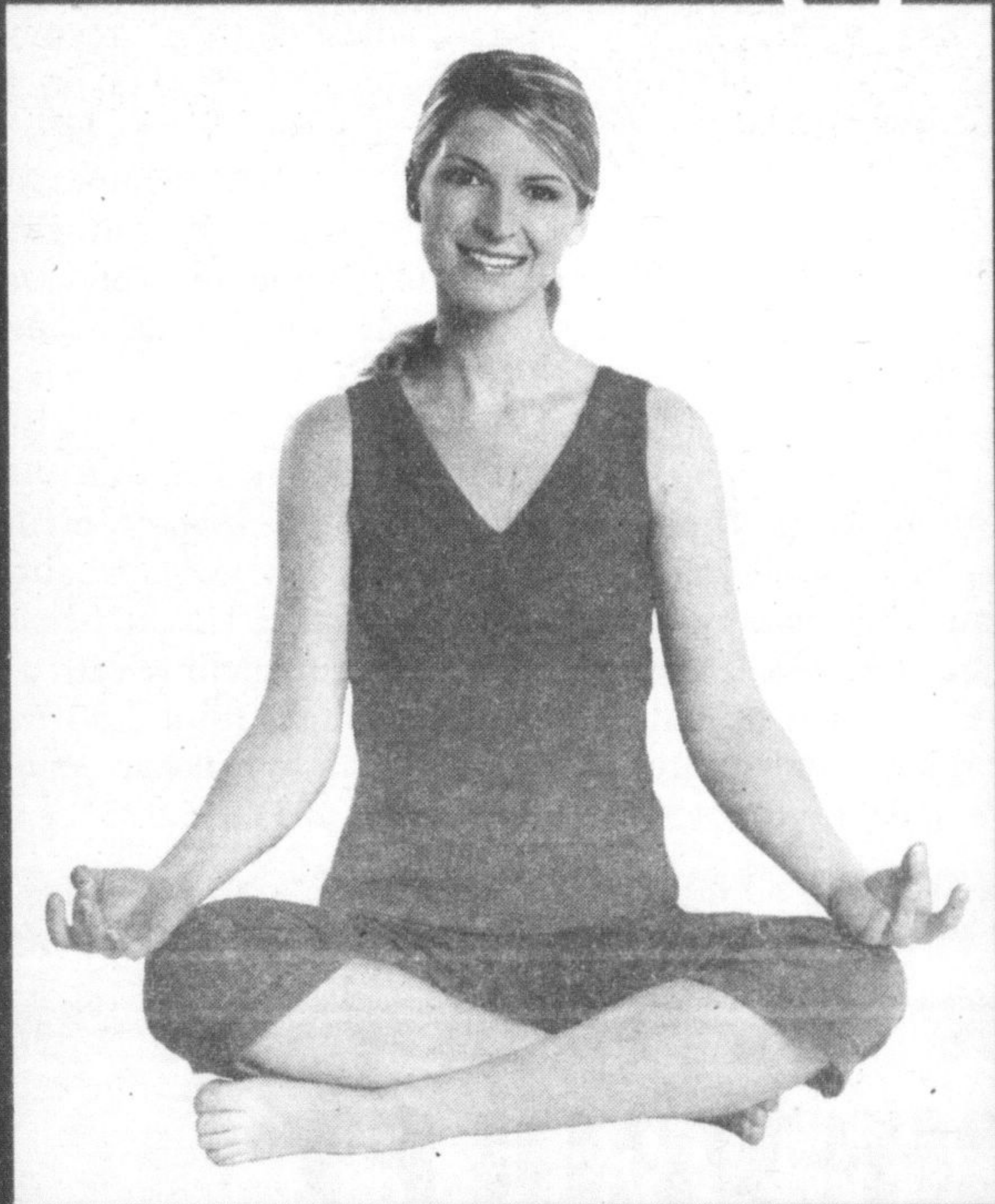


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Conference just for the girls

By Stephanie Hounsell
CANADIAN CHAMPION STAFF

It was while they were running a half-marathon that two local teachers decided they wanted to do something to support and encourage the young women of Milton.

Wouldn't it be nice if there was a conference devoted solely to them, thought E.C. Drury teacher Sarah Robertson and colleague Liz Coulson.

That was a few years ago, and that conference now exists thanks to their dream and tenacity.

This Friday, for the second time, 500 young women from various school boards will converge at E.C. Drury Secondary School to participate in the Strength Within conference.

There's a waiting list of 300. Designed for girls between the ages of 15 and 17, the conference, held every other year, will address issues of health and wellness as well as self-esteem.

Girls will break into groups to take part in workshops ranging in subject from assertiveness to teen yoga to financial health. There'll also be a "marketplace," where students can chat with successful women in a number

of different career fields. "Our conference is about building leadership qualities in girls," Coulson explained.

In addition to the break-out sessions, there'll be a keynote speaker, and a new artist named Laurell will perform.

Coulson said support from the community has been incredible, with many sponsors jumping on board.

"People see a need to support young women in this way," she said.

Stephanie Hounsell can be reached at sthiessen@miltoncanadianchampion.com.

Want to help plant some trees?

Want to help beautify your community?

A prime opportunity to do so will come this Sunday when, in honour of Earth Day, Serenity Valley Wellness Centre and the Field and Stream Rescue Team invites area residents to plant 200 trees on Serenity Valley's property at 2640 No. 8 Sideroad.

The event will run from 9:30 a.m. to noon,

during which groups and individuals can plant a tree and learn how doing so positively affects nearby streams, creeks and ponds.

A pancake breakfast will be served to all helping hands.

For more information, call Gina at (905) 335-9591 or visit www.streamrescue.com.



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