



MyTime – Free Program for ages 10-14

MyTime program is a free and inclusive registered program for youth ages 10-14. MyTime is designed to create fun group activities for youth of all abilities, including "Minute to Win It" games, swimming and Trivia Nights.

A MyTime program will be available at McDermid running from November 4th – December 16th every Thursday from 6:30 to 8:30 p.m.

Registration

Register online at Regina.ca/recreation or call the City of Regina PlayLine at [306-777-PLAY \(7529\)](tel:306-777-PLAY) to register or to be added to the waitlist.

Girl Space – YWCA Program



Girl Space is a free eight-week evening online program for students grades 6-8!

Girl Space Online is an online mentorship program that run for 8 weeks (one hour sessions), with a new topic explored each session.

Currently the topics for Girl Space are: self-esteem/body image, healthy relationships, puberty/periods/your body (planned parenthood facilitates this session), identity/culture, internet/social media safety, consent, self-care, and stress management. Students who would benefit most from this program are those struggling with self-esteem, bullying, fitting in, drama, self-confidence, those who would not normally participate in school activities, and those who would benefit from having a mentor.

The sessions will take place on zoom, as well we will be using an interactive presentation software called Mentimeter, so participants will need access to a phone, laptop, or tablet with an internet connection. Each session will provide an opportunity for the girls to participate in fun, educational games and activities that encourage mentor/participant relationship-building as well as self-reflection and group discussions about what is important to them.

If you are interested in signing up for Girl Space, please contact the McDermid School office for a registration form.