

REGISTER TODAY AT FOREVERBEAYOUTIFUL.COM

BeaYOUtiful Program

Building the next generation of confident, beautiful young women



Class Registration is Now Open for the 6-week program!

Date: Friday's, January 13, 2017- February 17, 2017

Time: 6:15pm-8:15pm **Cost:** \$75.00 including tax (6 weeks)

Location: Gilpin Elementary School
Neighbourhood Care Centre, 5490 Eglinton St, Burnaby, BC

Questions or want to find out more? beayoutiful@outlook.com

“You have helped me realize that I have to be happy with who I am and that I do matter. You inspire me to be a better person.” -Emily, Bear Creek Elementary

BeaYOUtiful is an inspirational six-week program where classes are focused on inner-beauty, building confidence, living a healthy lifestyle, setting goals and creating lasting friendships! We provide a safe and passionate environment open to life-changing experiences, the classes structured through a series of activities, guest speakers and open floor discussions. We aim to build an endless sister-based friendships with each student, having young women as our leading mentors for each class.



Confidence Building Activities



Nutritional Smoothie Making

Dance Classes



Live Painting

Create Dream Boards

1

CONFIDENCE

Introduction activities that focus on what defines beauty. Signify the significance of confidence, kindness and self-love.

- Confidence Workshop
- Journaling and open floor discussion (weekly)
- Assigned weekly confidence building goals

2

HEALTHY IS BEAUTIFUL

Embrace your body and mind through nutrition and exercise workshops

- Guest Dance Teacher (example: Zumba, Hip Hop)
- Learn step by step healthy recipes by creating healthy smoothies!
- Discussion on body-image and building a healthy mentality

3

DREAM IT DO IT

Be inspired by the people and opportunities around us! The girls focus on setting personal goals, and looking at the tools and role models needed to achieve them.

- Presentation on YOUR role model, dreams and goals
- Inspirational video segment
- Create Dream Boards to take home and hang on your wall!

4

CREATIVE COLLABORATION

This class discusses how to handle stress in creative ways, using artistic expression to relieve tension and dismiss worry!

- Live painting. Girls throw paint against a large surface to music to express emotion
- Open floor discussion on stress management and how we creatively can overcome challenges together

5

HEART TO HEART

Girls Part-take in a genuine and raw conversation as a group. Questions, comments and stories are shared by the girls and welcomed with open hearts.

- Heart to Heart Discussion
- Write confidence cards to ourselves for future reminders that we are all unique and beautiful.
- Final journal entry

6

RAW BEAUTY PHOTO SHOOT

Celebrate the journey towards confidence! Final goodbyes and confidence workshop.

- Raw beauty photoshoot, no makeup or editing, just celebrating the beautiful YOU!
- Practice the "confidence walk" and how to be assertive in class
- Share any journal entries and open discussion. Receive mentor contact.

Registration Form

Please send completed registration form to beayoutiful@outlook.com

BeaYOUtiful is an independently run inspirational program. Permission of a parent or guardian for your child to be involved in the BeaYOUtiful program is needed in order to register for the classes. Please read the permission form, sign and check where appropriate, and email the following to beayoutiful@outlook.com. Please note limited space is available.

Start Date: Every Friday starting Jan 13- Feb 17, 2017 Time: 6:15pm-8:15pm

Participant Contact Information

Name _____ Personal Contact Number _____
Grade _____ Parent/ Guardian Name _____

Contact Email: _____ Parent/Guardian Contact _____

Please list any allergies and medical conditions that BeaYOUtiful should be aware of:

Please indicate how your child will be getting home on the afternoons she participates in the class.

_____ I will be picking my child up at school.

_____ I give permission for my child to walk home.

Parent/Guardian Signature

Agreement and Signature

I acknowledge that participation in the BeaYOUtiful Program involves light activity and there are risks involved in participating in this program. I understand this is a registered program where there is no supervision outside of program hours provided. I acknowledge that my choice to register my child in BeaYOUtiful brings with it the assumption by me of those risks. I am aware of no physical or other reason why my child should not participate in this program. I do hereby release BeaYOUtiful and its employees and volunteers from any claim whatsoever arising from my child's participation in this program or any facility or location where the program is held.

_____ Yes, I give permission for my daughter _____ to be involved in the BeaYOUtiful Program.

_____ No, I do not want my daughter _____ to be involved in the BeaYOUtiful Program.

Parent/Guardian Signature

Payment Information

Please check the following payment type- \$75.00 total, including tax.

Credit Card _____ Cash _____ Cheque _____ (Please make cheque to Forever BeaYOUtiful)

Mail cheque to 16047 110th ave, Surrey, BC, V4N 1R1

Visa/ American Express/ Master Card _____

Number on card _____

Expiry _____ CV _____

Full Name on Card _____

Postal Code _____