



iGuy Sports and Arts

iGuy Empowerment Workshop is now being offered as sports and arts day camp for boys. This full day program will teach empowerment and leadership through visual arts and soccer and basketball games* in a physically active, playful and experiential learning environment. iGuy Sports and Arts teaches participants how to connect with their feelings, express themselves creatively and assertively, feel confident and build healthy relationships. It combines all of the great things we get from playing sports (team building, inclusiveness, cooperation, healthy competition and good old-fashioned fun) with the creative learning, expression and self-awareness we get from the arts. Not all of us are amazing athletes and not all of us are accomplished artists, but when it comes to building character it's about getting outside of our comfort zone just enough to learn something new.



July 8 and 15 in North Vancouver John Braithwaite Community Centre

Who: Students in grades 4-7 who identify as boys*

Where: John Braithwaite Community Centre,
145 W 1st St, North Vancouver, BC V7M 1B1

When: Part 1 - July 8, Part 2 - July 15
10am to 3pm

Cost: \$75 each or \$140 for both days
(\$10 off if you register with a friend, \$5 off if you register one month before)

These sessions are related but different. Part 2 builds on the concepts discussed in Part 1, however can also function on it's own - participants are encouraged to register for both sessions, however exceptions can be made for those that can only commit to one or the other. Priority will be given to those that are registering for both parts. Registration will be capped at 15 participants.

For more information contact Ryan Avola, iGuy Facilitator, at ryan@saleemanoon.com or 604-657-4628

To register, go to:
www.saleemanoon.com/iguy/registration

Smart decisions start here.

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outline

i don't need to be an allstar athlete

Superstars and gender stereotypes put a lot of pressure on boys to excel at sports in unrealistic and sometimes even unhealthy ways. Let's talk about this pressure and what it really means to "Be a man!"

i can play

Let's run around, learn some skills, make some noise and get the blood flowing knowing that the most important muscle in the body is the heart.

i can express myself

The saying "boys will be boys" reinforces the idea that it's OK for boys to use violence to express themselves. Let's take time to express ourselves in creative, healthy and non-aggressive ways.

i am compassionate, courageous and strong

When we get right down to it we are social beings who thrive on connecting with others in a healthy way. We can be competitive and driven, but we can also be caring, compassionate and in control of our feelings.

*This workshop is suitable for all levels and abilities in soccer and basketball.

*Non-binary and gender creative students are also welcome. Please consult with facilitator prior to workshop