

Meet the Mentors

Tessa Firth

Canning, Nova Scotia

Kenzie Cecchetto

Brooklyn, Nova Scotia

Nicole Silver

Wolfville, Nova Scotia

Bouni Berube-Sam

Wolfville, Nova Scotia

Sara Borrens

Ottawa, Ontario

Lexie Henderson

New Minas, Nova Scotia

"I've always looked up to my older peers and benefited so much from conversations with them when I was younger." – Lexie

"I think that it is important to empower young girls to create a strong foundation of confidence, and self esteem." – Bouni

About the Founder

My name is **Tessa Firth**, I am a fourth year at Acadia University. I have grown up in the Annapolis Valley and am the youngest of three sisters.

I wanted to start this program

because I saw a need for a stress free environment for young girls where they could talk comfortably about the social and personal issues that concerned them.

My hopes are to build self-confidence in girls through mentorship with older peers.



Contact Us

girlswalkforward@gmail.com



Girls Walk Forward

Better together,
empowering young girls.



What is Girls Walk Forward?

Our purpose is to connect female identifying youth in our community with female identifying Acadia University student mentors to create a space for conversation and learning about issues faced by girls transitioning into young adulthood.

Girls Walk Forward provides a safe environment for girls to ask questions and seek guidance from student mentors who have lived experience in female sport, academics, and navigating social life.

The goal of this organization is to provide support and empower girls through natural conversation, confidence building, and leadership as they transition to high school.

Girls Walk Forward respectfully acknowledges that the land in which the organization gathers is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaw people.

Where?

Every other Wednesday the leaders will meet with female identifying grades 7's and 8's at **Evangeline Middle School** after classes and go for a group walk through **Lockhart Ryan Park** behind the school.

When?

Girls Walk Forward will be **every other Wednesday**, beginning on October 13th throughout the 2021-2022 school year.

Why Join?

Provides a safe environment to talk about your interests and concerns.

Provides an opportunity to meet and talk to older peers.

Provides an enjoyable and healthy opportunity to walk and talk in the outdoors.

Provides a time to talk about your likes and favorite subjects.

