

Illuminate 2024

Session Descriptions

Kids Have Stress, Too!

Developed by The Psychology Foundation of Canada, Kids Have Stress, Too! helps parents and caregivers understand childhood stress and how to provide children with the tools to deal with stress effectively. It is a board-based primary prevention program which provides parents, caregivers, and communities with the knowledge, awareness, and skills to help young people become healthier and more resilient through learning how to manage their stress.

Astronomical Awards: Appreciating our volunteers

Join us for “Astronomical Awards”, a training session focused on recognizing our volunteers. Learn about the different awards, criteria, and how to inspire other members to reach for the stars in their achievements with Awards Adviser, Brandi.

Perfect Program Planning: Idea sharing for your branch

Participate in their interactive training session designed to help you create engaging and effective programs for your branch. In this session you will learn how to:

- Generate creative and fun program ideas
- Plan and organize activities that align with Girl Guides’ values and goals
- Collaborate with fellow leaders to share best practices and successful strategies

Come ready to share your ideas and create unforgettable experiences with our Program Adviser, Keisha.

Darkened Horizons: Tacking Light Pollution

Join this session to celebrate and preserve the beauty of our night skies by reducing light pollution. Using programming created by DarkSky, try activities you can use with your units to learn about the night sky, how the darkness helps local wildlife, and how to help prevent light pollution.

Inclusive Traditions: Gender Diversity from a Two-Spirit Lens

This session will be hosted by Cole Kippenhuck, a two-spirit, Indigenous Labradorian from Crow Kinship Consulting, who will guide you how to decolonize practices in meaningful ways.

Painting the Night Sky: Aurora Borealis

In this magical session you will explore your artistic side while painting on black canvas. Discover the beauty of the northern lights as you learn to capture their vibrant colours and mesmerizing movement on a black canvas. In this session, you will:

- Learn techniques for painting the Aurora Borealis
- Experiment with colour blending and brushwork to create a stunning night sky
- Receive step-by-step guidance by Ranger member Regan Edmunds

No prior painting experience is needed. All materials will be provided, and you'll leave with your own masterpiece that beautifully depicts the enchanting Aurora Borealis.

Crafting Cosmic Lanyards

In this session we delve into the enchanting hues of the night sky to create stunning beaded lanyards. Unleash your creativity as we explore the deep blues, twinkling stars, and mysterious purples of the nocturnal world. Learn to craft your own unique piece inspired by the celestial wonders above. For beginners and seasoned crafters, this workshop promises to ignite your imagination and leave you with a wearable piece of art that reflects the beauty of the night sky.

Hooked on Rugs: Beginner's Guide to Rug Hooking

Join us for an immersive journey into the art of rug hooking! In this hands-on workshop designed for beginners, you'll learn the fundamentals of rug hooking. Our experienced instructor will guide you through each step of the process, ensuring that you leave with the skills and confidence to continue your rug hooking journey at home. Whether you're a complete novice or have dabbled in the craft before, this session promises to inspire and ignite your passion for rug hooking!

Gravity-defying acts by Wonderbolt Circus

Join the Wonderbolt Circus for an exciting training session! Celebrating its 40th anniversary in 2022, Wonderbolt continues to captivate audiences with original performances and supports at-risk youth through outreach programs. This workshop is for everyone and includes demonstrations and hands-on practice in juggling, hula hoop work, and plate spinning. Whether you're a beginner or an experienced performer, come learn from skilled instructors and experience the magic of the circus.

Let's Talk Science's Lunar Rover Research Challenge

The challenge is for youth to design a rover mission to find frozen water at the South Pole of the Moon. The activity is structured as a collaborative board game or digital game where youth are guiding through the design process. They equip their rover with scientific instruments, choose a target, then determine how to get there and where to take measurements. Take time to learn by doing with our own local guider, Holly Walsh.

Social Media Savvy: Recruiting Youth & Volunteers for Girl Guides

Learn how to effectively use social media to attract new members and volunteers. In this workshop, you'll discover how to:

- Create engaging content for youth and volunteers
- Use various social media platforms to reach a wider audience
- Manage and enhance your social media presence

Perfect for both beginners and those looking to improve their skills, this session will provide practical tips and strategies to boost your recruitment effects with the help of our PR and Communications Adviser, Ashley.

Interstellar Adventures: Budgeting and planning for out of this world events and trips

Covering all aspects from advancement to domestic and international adventures, this session equips you with the essential skills and strategies to organize successful and budget-friendly experiences for your units. Participants will:

- Learn effective planning techniques tailored for a variety of activities, including ceremonies, camps and trips
- Gain valuable insights into logistical considerations for travel, including transportation, accommodation, activities, and other costs to ensure smooth and memorable adventures for your Girl Guides
- Engage in interactive discussions, share best practices, and collaborate with fellow leaders to develop event and trip plans

Whether you're planning a local campfire gathering or an overseas exploration, this training equips you with the knowledge and confidence to create unforgettable experience that enrich the lives of your Girl Guides. Join us and embark on a journey of adventure, learning, and empowerment!

Peaceful Purpose: Using Art as Therapy

Art as Therapy is a strategy used to increase mental health and wellness. It can be practiced by youths and adults of all ages. Using art in its innumerable forms, individuals discover their inner strengths and build the skills necessary to face life's challenges and manage big emotions. In this session you will learn to create your own mandalas. With practice, you will find inner peace by simply drawing lines and realizing the beauty that exists within yourself. Practice Peaceful Purpose with Linda, who is certified in the practice of art as therapy and has used it as a healing medium for many youth and adults.