

ANNUAL

20^{18/19}

REPORT



Indigo Girls Group



a message

from our founder

2018-2019: A Year for Reflection & Looking Forward

It is with awe and wonder that I reflect on just how far we have come these past five years at Indigo Girls Group. Two years ago the leadership team at the time set out a 5-year strategic plan to set goals and priorities. I am pleased to share we have accomplished almost all of those goals in the past two years. An exceptional feat made possible by the strength of our volunteers and support of our communities. With expanding partnerships, growth in new cities, and purposeful policy changes we have truly realized great change. This past year, we have nurtured our narrative on what it means to empower and engage together as women and girls of today. We have said farewell to impactful leaders and welcomed new volunteers, established a scholarship and seed-funding initiative, focused our efforts on sexual and reproductive health education research, expanded our directors team, and established community collaborations more than ever before.

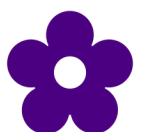
It is important for us to reflect and emphasize the women and girls who put our organizational values into practice - the Indigo Girls Group (IGG) volunteers. Our efforts would not be possible without the generosity of our funders and the dedication, kindness, and meaningful passion of each of our 70+ members. The impact we have as an organization is defined by their voices and the consistent participation of the indigo girls, who take part in our programming every week across the province.

As we take time to celebrate these accomplishments, we are thrilled to simultaneously look to the future. IGG aims to strengthen our inclusive practices, support expansion outside of the province, and structure our organization to maintain sustainability for the years ahead. I am proud to share this message and welcome you, the reader, to learn more about our story as we continue to thrive for change in the girl's empowerment landscape.

“*Here at Indigo Girls Group being an Indigo Girl means using creative tools to build oneself as an empowered individual in today's society. With the knowledge from our programming - we hope all our Indigo Girls will go out into their communities and spread meaningful change.*”

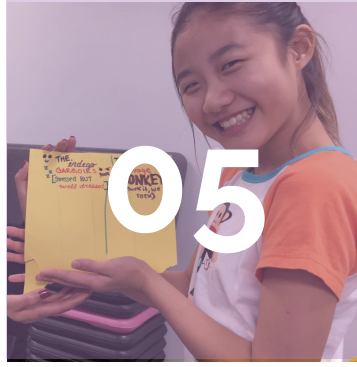


Adele Heagle, MPH, BSc.
Executive Director



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impact

Read about the impact we have made through our girl's clubs



equity and inclusion

Learn more about our policies on equity and inclusion, and how we have grown the past year.



bliss

indigo girls is getting involved with research in sexual and reproductive health, with our research study "BLISS"



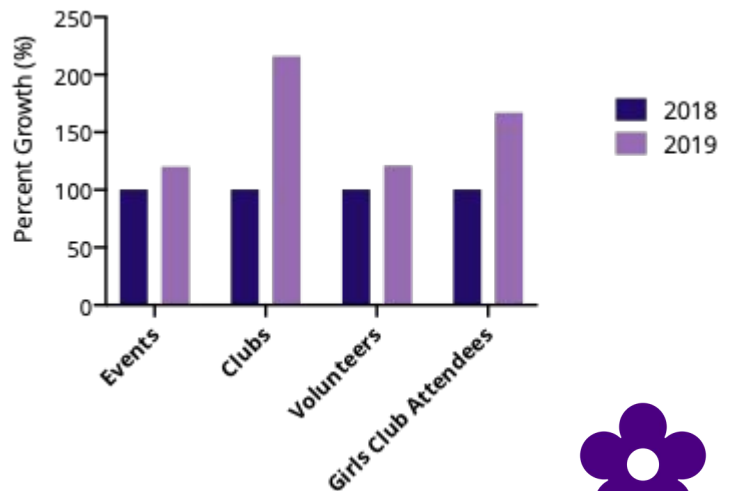
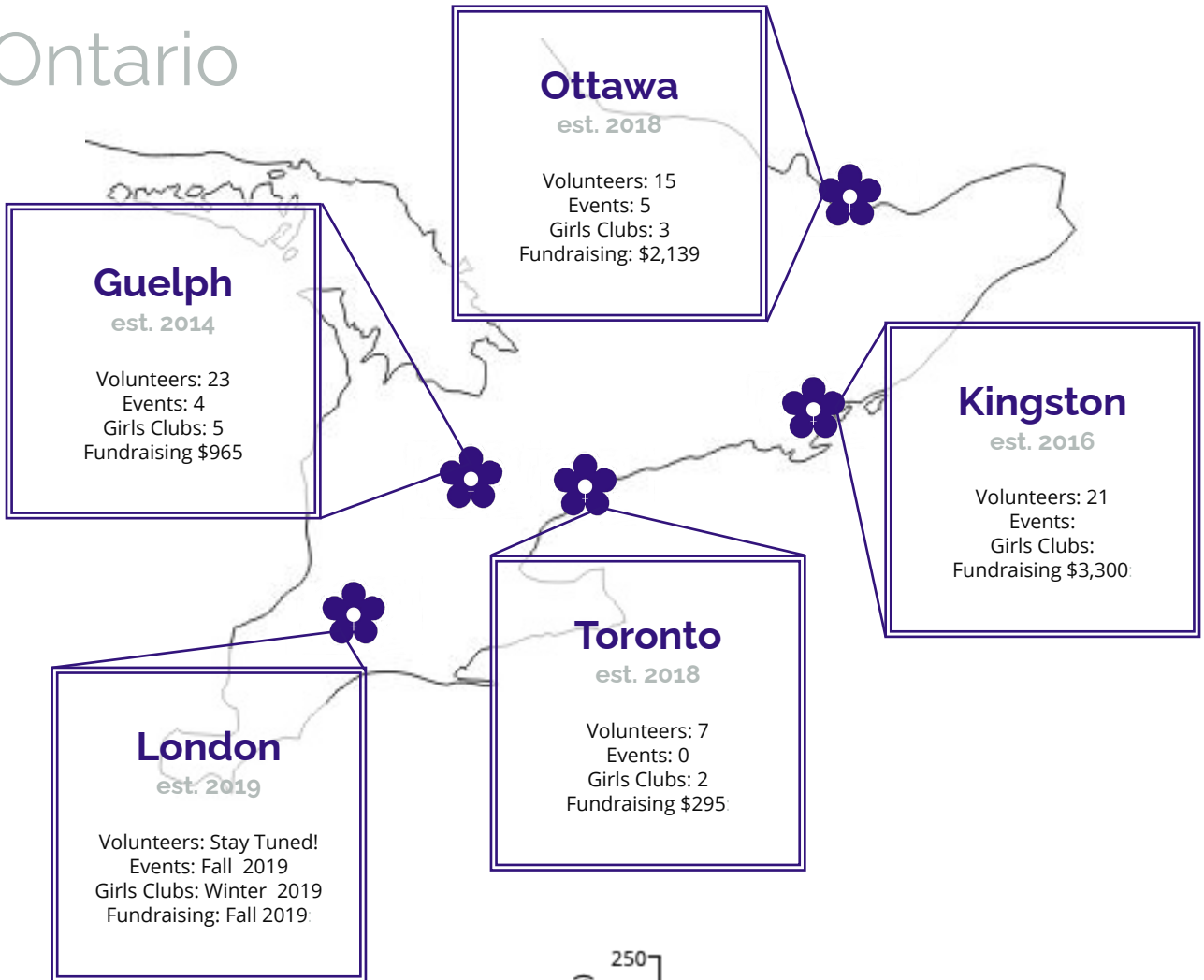
thank you

We have received an overwhelming amount of support from our community and would love to thank you all



our reach

Southern Ontario



impact

girls clubs

A flexible program run by young women for young women. Its goal is to touch on all aspects of the Indigo girl's mission and create a welcome environment for girls to learn and grow. Organized through interactive discussion, visiting speakers, and workshops. Ideal for after school programs, neighbourhood groups, and community centres. 1-6 month(s) long. Our girls clubs ran in all five of our branches this year.

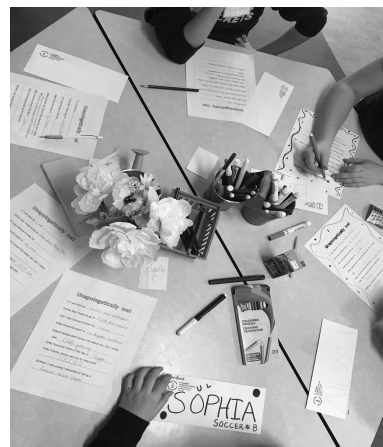
This year we empowered **over**

160

grade 6-8 girls!

Girls Clubs aim to empower, inspire and educate young girls through various mediums.

"My girls were double booked on Wednesdays but chose Indigo Girls every week. We hope Indigo Girls comes back to our school next year."
Indigo Girl's Club Parent



We asked participants to rate if their confidence had improved after attending a girls club .

Definitely Not

Probably Not

Unsure

Probably

Definitely

“

Being a Girl's Club Leader for Indigo Girls Ottawa was the most rewarding decision I've made in my life. I had the privilege of being apart of so many amazing young girls lives while trying to do my part in giving them the strength to overcome any obstacle they may face growing up. There was a real sense of pride going back each week and hearing the stories on how girls were using the tools we were trying to teach them to employ in different situations.

Brooklyn Walker
Girls Club Leader

”

34%

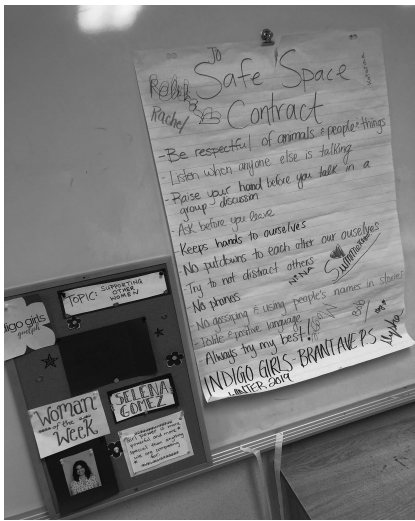
47.4%

This year we ran 16 girls club programs across 4 cities!



100% of girls identified that Girl's Club Leaders were encouraging, thoughtful and understanding towards the topics being covered.

95% of girls would recommend Indigo Girls Clubs to a friend or another girl their age.



How do you make sure you're covering topics relevant to the girls participating?

“ At Indigo Girls we work hard to keep our programming up to date. This year we allowed the girls to vote on which workshop themes they wanted to learn about, based on our bank of workshops. We also collected baseline evaluations from our participants that asked what they were interested in learning about. From this information, our club leaders were able to create new material and modify our current workshops to tailor to the girl's interests. We are also always trying to improve and update our material based on feedback we collect from the girls, their parents and our club leaders. This year we hosted one-on-one sessions with all the club leaders to determine what worked and where we can improve. This allowed us to collaborate across our branches and share new workshops and modifications with all of our clubs.



Laura Smith
Director of Girl's Club
Programming

”



passion project

Meet Natalie, Elizabeth, Sienna & Aleksandra; this year's Passion Project Recipients! We are so thrilled to officially announce the winning team for our first passion project initiative. This group of girls were members of a Toronto Indigo Girls Club and came together to create the project "Bracelets for School Supplies". After being selected as the recipients of the IGG passion project fund they recruited more students at St. Gregory School to help join their team. Their plan was to create a variety of thread bracelets and sell them for funds to create kits filled with school supplies for students in need. The group of girls recognize the importance of proper school supplies to a child's education and want to make a difference for lower-income students in their city. Their plan is to donate the kits as locally as possible. They have reached out to their school principal to determine if the school supplies can be distributed to students in need within their own school.



Since receiving the passion project fund, at the end of April, the girls have been busy organizing meetings with each other, parents and their school principal. All four of the girls used \$40 to buy their own craft materials and design their own unique bracelet designs. The girls, with some parental assistance, have been managing the funds, creating advertisements, newsletter postings and writing updates for us here at Indigo Girls. They managed to create 140 bracelets and sold them in early June at St. Gregory School. From just three days of sales, the girls sold out all of their bracelets making a profit of \$309. They plan to meet again to determine the next steps in their project. We are so incredibly proud of the compassion these girls have for other students and their motivation in making this project happen.

The girls have big dreams for the Bracelets for School Supplies project and hope that they can one day help children around the world. We know that they will continue to work hard to improve the lives of other young people and can't wait to see where their project goes next. Here's a quote from the girls themselves that we think really embodies their passion:

"A simple notebook and pencils can help our society in the future. Who knows, maybe we can inspire a future author. We all know that far too many children don't even have the basic supplies to make it through a school day."

Thank you to Sienna, Natalie, Elizabeth and Aleksandra for being amazing examples of Indigo Girls and for your hard work



empowering from within

Everyone in the branch is awesome; every meeting I feel like we've bonded even more as a team. It's very encouraging seeing ideas come to fruition and watching the girls club thrive.

Meetings are productive, everyone is super kind and warm!

I honestly think that our team dynamic is fabulous. Everyone is so supportive of each other and gets so excited when something goes well for someone - it's a really great environment to be a part of.

I love the sense of community in the room, seeing the same smiling faces every single week and being able to share your opinion openly!

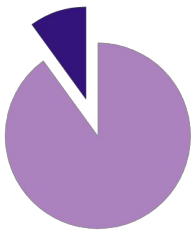
“

I honestly think that our team dynamic is fabulous. Everyone is so supportive of each other and gets so excited when something goes well for someone — it's a really great environment to be a part of.

We successfully have clubs running, alongside also having several new opportunities for clubs to start, fundraisers are in the works, and everything is running smoothly.

”

Christine Pimiskern
Director of Human Resources



Over 90% of volunteers from established branches will be returning
... WE NEED NEW STATS HERE



girls 20

meet Uswah!

Hi,

My name is Uswah and I'm thrilled to be the newest Board of Director for Indigo Girls Group! IGG is a space (physical and symbolic) for young girls to gain confidence, discover their identity, engage with peers, and become advocates for the causes they believe in. It places the 'woman' at the center of all programming, leadership, and support, without bias of race, gender-identity, religion, and age. It is because of these goals that I have found my home at Indigo Girls Group. I truly believe that the organization and its leaders are a perfect response to the needs of young women and girls in today's society.



In the past few years, I've been doing some activism work for young women of colour—particularly immigrants. As an immigrant and woman of colour myself, it was incredibly difficult to find my identity and create a support group while in middle school and high school. By connecting with women my age and younger, I've realized that most women of colour struggle to feel important in a society that imposes predated beliefs onto them. Last December, I did a [Tedx talk](#) about the inner conflict faced by women of colour who have their identity presupposed onto them and are judged based on societal notions of what a 'Westernized' person of colour should look and act like. This talk gave me the push to spread my scope of activism work. This push resulted in me applying for the [GirlsonBoards](#) program created by the female-led non-profit Girls20. The GirlsonBoards program invests in the capacity of young women to enact change in their communities by offering them opportunities to sit on non-profit boards and training them to do so. Research shows that women are seldom given seats on Board of Directors in both the for-profit and nonprofit worlds. I am lucky to be matched with Indigo Girls Group. My goals for my term here are to learn from my fellow directors about how non-profits for women operate, actively participate in programming, and inject my perspective on how we can engage with different identities in our work. Most importantly, I hope to offer myself as a resource and support system for the IGG network in order to bolster the women and girls who need a small push to make big leaps.

With love and warm regards,
Uswah Ahsan

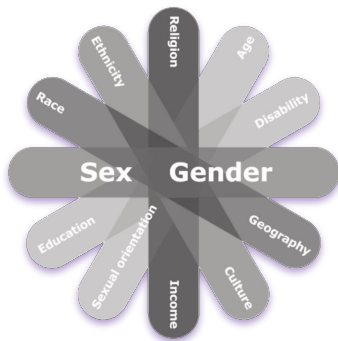


equity and inclusion

From Policy to Practice

IGG volunteers and participants hold diverse experiences, positionalities, knowledge, and visions of empowerment. Deepening understanding of the organization's relationship with decolonization, racial and migrant justice, disability justice, and 2SLGBTQI+ equality and developing skills in self-reflection, communication, and accountability is pivotal to the strength of our team and programming.

This year, each branch participated in an anti-oppression training and contributed to discussions on how to deepen commitment to challenging racism, transphobia, biphobia and homophobia. Strengthening anti-oppression principles and practices is a long-term process integrated into recruitment, training, programming, communications, and evaluation

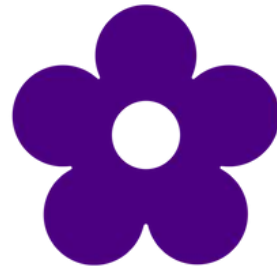


Same IGG, New Logo

Gender-based participation in IGG is a topic that IGG has been evolving over the years. A new Gender Policy sets out IGG's approach to members' self-identification for participation in programming and volunteering. As well, it affirms the importance of using people's appropriate names and pronouns.

In honour of Trans Day of Remembrance 2018, IGG welcomed a new logo on November 20, 2018. The "female" symbol was removed from the organization's logo name and logo in recognition that gender identity, rather than sex assigned at birth, is how IGG recognizes "girls". Two-spirit, trans and non-binary girls and women are invaluable to the IGG community and IGG is committed to advancing their inherent belonging and leadership advancement and retention.

Indigo Girls Group



igg scholarship

meet Viktorija!



Meet Indigo Girl Viktorija Burcul, the IGG scholarship recipient for 2019! The IGG scholarship is awarded to a volunteer who embodies an Indigo Girl in her everyday life – Viktorija represents what it means to be an Indigo Girl in her actions, passions, and life-lived. Viktorija is currently a co-branch leader, alongside Maddy Taylor, of the Ottawa branch at IGG. As a branch leader, Viktorija helps organize branch initiatives including girls' clubs and fundraisers throughout the Ottawa community. She has been successfully running the branch for the past year while completing her final year of Biomedical sciences at The University of Ottawa.

She has an extremely bright future with plans to pursue a career where she can continue to have a positive influence on the people she works with. Though accomplished, Viktorija, humbly reflects on her path to success, recognizing that she struggled with self-confidence while growing up but was able to use confidence-building strategies, including journaling, that have now inspired her to help empower younger girls experiencing similar challenges. Indigo Girls provides her with an outlet to channel this passion, and she's learned a great deal from being a part of the organization:

"I have learned that the most beautiful people are the ones who are passionate about what they do. I'm constantly inspired by the girls we work with; they are so insightful and enthusiastic. The way that our director's team and all branch members uplift each other is also inspiring; it's refreshing and necessary for all we do as an organization and beyond."

The impact Viktorija has had on the organization is undeniable! She hopes to carry this forward with her in future endeavours. Viktorija hopes to become a public health nurse to educate youth in schools on health promotion:

"I want to work in a position where I can be a positive influence on the people I work with, and a be in a position where I can see my accomplishments directly through someone else"



finances

2018-2019 Finance

Our non-profit organization (community based and not officially registered) relies on the generosity of individuals like yourself. All members of The Indigo Girls Group are volunteers who are passionate about female empowerment and education.

REVENUE \$8,352.07

donations \$1,645.58

We received several donations through our website and in person throughout the year and are deeply appreciative of the support we received!

fundraising \$6,706.49

All established branches of Indigo Girls met and exceeded their fundraising goals for the 2017-2018 year. We are thankful for the continued support from both communities.

EXPENDITURE \$8,801.90

training & honorariums
\$1,101.05

Honorariums of \$100 per semester are awarded to branch leaders who constantly go above and beyond to ensure the success of their branches. In addition to this cost we also ensure the quality of Indigo Girls services by training all new volunteers.

awards \$1000

programming \$6,186.03

Our girl's clubs cost approximately \$300 per club, per semester. This year we ran 3 clubs in both the Guelph and Kingston branches. In addition to this cost we ran a successful conference in our Kingston community. Costs of this conference included the space, take away, food and material for programming and workshops. We would also like to thank our sponsors for making this possible (Dominos, Chapters, Starbucks and Planet Fitness in Kingston)

insurance \$1000

administration \$514.90

Administration costs include website costs, (\$200/year) domain fees (\$13/year), e-mail costs (\$30/month) and bank fees (\$10/month).



60% of students & said that after attending the conference their their **level of EMPOWERMENT** had improved



We asked students to rate the conference experience on a scale from 1 – 5.

Attendee's rated the conference an average of **4.4** out of 5.

Feedback from both students and teachers was overwhelmingly positive. However, in our commitment to continue improving educational programming for girls, IGG has carefully taken all advice from educators and the participating girls into consideration in hopes of further enhancing the experience in the coming years.

EMPOWER YOURSELF

Indigo Girls Group kicked off 2019 on a powerful note with our Kingston branch running its second annual Empower Yourself conference on January 10th. Self-identifying girls from high schools around the city, including Sydenham High School and Holy Cross Catholic Secondary School came together to discuss issues related to mental health, women in leadership, healthy relationships, dealing with failure, and feminism. The conference was kicked off by this year's keynote speaker, Queen's University Kinesiology student, and founder of Step Above Stigma, Ampai Thammachack. She captivated the young women with a powerful message, urging them to stand up for issues they are passionate about, and reminding them to walk through life with confidence by echoing a phrase from The Help: "you is kind, you is smart, and you is important." Indigo Girls from across Ontario joined to facilitate interactive workshops for over 60 young women and even their teachers. The women participated in activities ranging from a Feminist Escape Room to "Relationship Jenga," where they learned how to have a fierce, or essentially constructive conversation. Each workshop was followed by stimulating discussion among peers and facilitators.



Building Lessons in Sexual Health Stories

I began working as the Research Assistant on the BLISS project in May, run by Indigo Girls Group in collaboration with Dr. Maha Othman of Queen's University. BLISS, building lessons in sexual health stories, is a research initiative funded by the Women's Xchange 15k Challenge and intends to study the sexual and reproductive health (SRH) knowledge and needs of young women aged 14-18. In June, surveys were conducted with two different pilot groups of girls from local Kingston secondary schools. These surveys are working towards a needs-based assessment of SRH knowledge, investigating girls' experiences, perspectives, and

understanding of sexual and reproductive health. After initial dialogue with members of administration at various secondary schools in Kingston, the consent process for surveys was revised, permitting educator and respondent consent and parental opt-out. The survey itself was also revised with the help of our SRH Education Expert Sandra, improving the inclusivity of language and clarifying the questions being asked. Both pilot groups of girls were very responsive in filling out the survey, and we received significant interest in partaking in upcoming focus group. Initial survey results indicate a strong understanding of sexual consent and an overwhelming ability to evaluate when consent is being given. However, initial data has also revealed a significant knowledge gap regarding both methods of contraception, and prevention of sexually transmitted infections. The long term goal of the BLISS project is to identify and illustrate these knowledge gaps and work to address them. Developing an understanding of where gaps in knowledge exist will hopefully serve as a catalyst for alternative SRH educational programming. Such initiatives will likely begin in Kingston, yet ideally will serve as a model that can be scaled up throughout Ontario. Looking forward in the data collection process, the start of the new school year will see further opportunities to conduct surveys in secondary schools in Kingston and to run focus groups through pre-established connections. Work to put together a Youth Advisory Board for the project is continuing, with marketing efforts to reach out to young activists in the Kingston community. Given current conversations surrounding sexual and reproductive health knowledge, needs, and curricula, BLISS aims to identify a need for learning spaces that are increasingly accessible, intersectional, and engaging. Our research has the power to identify key gaps in knowledge among youth in Kingston and to work to create tangible change in how we encourage learning and dialogue about sexual and reproductive health.



Research Assistant
Emma Pritchard



Your health is your greatest wealth," was something my father used to tell me as a little girl. He used to remind me that no matter what I wanted to do, if I didn't take care of my health it would catch up to me sooner or later. This saying applies to all parts of your health, including your sexual health. Sexual health is just another component of our physical and mental health that we need to monitor and care for. Everyone has it! The World Health Organization defines sexual health in part as "a state of physical, emotional, mental and social well-being in relation to sexuality." This includes, but is not limited to puberty, reproductive health, protection against or treatment for diseases, safe sexual relationships and discovering individual sexuality. A common misconception about sexual health is that it is defined by sexual activity or behavior.

Your sexual health is unique to you, and the same way you're able to recognize that you have a stomach ache or have increased anxiety, you can recognize the physical and emotional manifestations of your sexual health. Though we might all have similar components of our health to address, the issues we need to address, and the challenges we may face in doing so, can vary based on gender identity, sex, physical and mental ability, age, sexual orientation, culture and various other factors. This is where learning about your body, how it works, what is healthy and what feels right for you comes in. Without a clear understanding of what a what puberty looks like, what a healthy relationship feels like, or how to safely explore your sexuality, recognizing when your sexual health is compromised becomes very difficult, which can ultimately be dangerous to your overall well-being.

Part of your sexual health also involves decision-making and it's often better to make a choice when you have enough accurate information. For self-identifying girls some examples of decisions you might have to make related to your sexual health may include whether you want to use tampons or pads if you get your period, at what age you feel ready to have sex if you would like to, and which pronouns you best identify with. Making decisions about your health can be difficult if you don't have adequate information, but when you do, it can make life a lot more fun or at the very least, a lot easier. There are many resources you can use to advance your sexual education, so that you can learn more about your body.



Making decisions about your health can be difficult if you don't have adequate information, but when you do, it can make life a lot more fun or at the very least, a lot easier. There are many resources you can use to advance your sexual education, so that you can learn more about your body. Being curious is natural and it is important to seek information from reliable sources and a variety of them in order to get the best understanding possible. There are a lot of valuable resources online, but sometimes it is difficult to sift through the correct information from the misleading. Asking a physician, calling or visiting your local sexual health resource center and seeking advice from an askable adult are good ways to get your questions answered. A healthy combination of these methods would be a better strategy. To clarify – an askable adult is someone who is willing to listen to your questions, respects your confidentiality as necessary and does their best to provide you with accurate information. It is also vital to follow your instincts when absorbing information, if something you see, read or hear doesn't sound correct, there's never any harm in finding another resource, so that you have the tools to improve your judgement. Below you can find a few resources that might help provide an introduction to different components of your sexual health.

let's talk about sex

sexual
health
blog
written by
IGG
volunteer



The workshop received very **positive feedback** from all attendees including the teachers. In this first iteration itself, this workshop was a huge success and we can't wait to host and welcome back the girls and new students next year!



2019 marked the first year Indigo Girls Group paired up with Dr. Madhuri Koti at the Queen's Cancer Research Institute, to initiate the annual "Let's Talk Girls" youth outreach activity. Dr. Koti conceived this youth outreach activity with a goal to educate and inform high school girls in the Kingston area about sexual and reproductive health through a career-focused lens. Noor Shakfa, an MSc student in Dr. Koti's laboratory was instrumental to the overall organization and outstanding running of this workshop. This year 55 high school girls were inspired by talks from successful and powerful women including Dr. Koti and Shakfa. Indigo Girls Group helped to support this initiative, and our founder, Adele Heagle presented a workshop on International Sexual Health at the event.

let's talk girls

"A majority of the beauty in research is finding or creating the perfect avenues to share our work. Dr. Koti and I's work is centered around developing new treatment options for women with ovarian cancer. Translating our love for research and reproductive biology into a tangible, informative, and engaging workshop for females at an age where learning about reproductive and sexual health is so incredibly important seemed like an excellent way for us to engage our community with what happens at the Queen's Cancer Research Institute and Kingston General Hospital. I hope that some of these girls left with some questions answered and a sense of inspiration that as females we certainly can thrive and succeed anywhere we go! We were so thrilled with the outcome of our first ever Let's Talk Girls event and we look forward to bringing it back next year." - Noor



The abstract for this project: "This study is focused on understanding the history of girl's education in North America, the onset of after-school programmes and explore evaluation strategies for potential programme improvements. It is specifically based on a case study with Indigo Girls Group, an after-school programme catered for girls ages 9-11 located in Guelph, Ontario in Canada. Regarding the research methodology, this study analyzes the programme manual, existing evaluations, archived documents from past observational visits, feedback from attendants from the summer conference, and year-end evaluations by club participants and branch leaders. Furthermore, the results will be focused on a comparative analysis of evaluation methods from a range of literature from scholarly articles and journals, case study reports and excerpts by international organizations. Findings will recommend how programmes can improve evaluation and performance, the importance of reassessing target audience and resource allocation, the implementation of a programme logic model (PLM) and Programme Quality Indicator, as well as a variety of evaluative tools for future use."

IMPROVING AFTER-SCHOOL PROGRAMME MANAGEMENT AND EVALUATION STRATEGIES WITH INDIGO GIRLS GROUP

*Author: Lilas Florence Randrianarivony
Supervisor: Dr. Allan Lauzon
Committee Advisor: Dr. Helen Hambly-Odame
Course code: CDE6900, 1 credit
Fall 2018*



At the end of 2018, we had student-evaluator **Lilas Florence Randrianarivony** conduct a **third-party follow-up evaluation of our after-school programming management and evaluation strategy** here at IGG. As her Major Research Paper during a Masters Course at the University of Guelph Lilas used IGG data and investigate research to complete her project.

IGG evaluation



Lilas Florence Randrianarivony



igg evaluation findings

some of Lilas' major findings include:



Reassessing target audiences: IGG's programme is designed to accommodate diverse youth and not solely in neighborhoods where convenience, funding or space are available. Removing any biases and favoritism that continuously benefit the advantaged can make a greater impact on the community it serves.



Implementation of a program logic model: existence of the PLM can ensure focus on the programme's goals and not deter it from the initial mission by undertaking new activities.

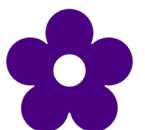


Addressing change through transition reports: representation and perspectives are welcomed and reinforce team-spirit. Attendance concerns can temporarily be resolved with updates of a branch's progress and the Indigo Girls programme through minutes recordings. It can be vital information for present and future members as a reference the programme's development.



Application of programme quality indicator: establishing a communication channel early on to actively communicate with former staff and participants beyond the duration of the programme can provide valuable feedback

We are excited to meaningfully integrate Lilas' recommendations into our ongoing work and programming here at IGG. We have started to address a number of these recommendations including the creation of monthly newsletters for all volunteers to improve cross-branch communication, updating our PLM in the 2019/2020 member manual, and critically reflecting on target audiences through equity and inclusion practices. As Lilas noted in her report "Complex organizational dynamics such as after-school programmes like Indigo Girls Group require complex solutions, which can be challenged through a combination of evaluation methodologies," and we intend to unlearn, relearn, and improve our practices moving forward. Thank you to Lilas and the University of Guelph for providing us with this incredible moment of learning!



igg x oxfam guelph



In March 2019, Adele and Christine, our Executive Director and HR Director respectively, came together with Guelph Branch Leader Ally Cleave and Guelph volunteer Beth O'Donnell to present at the Oxfam at Guelph Disparities in Health Conference. This group of volunteers came together to discuss the importance of sex education in local and global contexts. They led an interactive workshop and presented different case studies to enable critical thinking on sexual health education amongst attendees. Thank you to Oxfam at Guelph for letting us contribute to this wonderful space.



oceanpath fellowship

meet Nicola!

My name is Nicola Brogan and this year I've partnered with Indigo Girls Group as an Oceanpath fellow. What's an Oceanpath fellow you may ask? The Oceanpath fellowship is a one-year fully funded program for new graduates from the University of Ottawa, Queen's University, McGill University and St. Francis Xavier University, to put into action a community initiative of their choice. The application process is in two phases: the first includes a written application where you vet out your community initiative and identify a partner organization you plan to work alongside. Successful applicants are then selected for the second phase which includes a full-day interview process. You'll have the opportunity to get to know the Coady Institute, the Pathy foundation, Oceanpath facilitators and prospective fellows.



A little bit about myself: I spent the last 6 years at the University of Ottawa completing my undergraduate degree in Health Sciences and pursuing my master's degree in Interdisciplinary Health Sciences. Over the past year, I have been working towards the completion of my Master's thesis, which focuses on the contraceptive experiences of adolescents living in rural areas of Ontario. Outside of formal education, I've recently had the opportunity to work for the American Society of Emergency Contraception, based at Princeton University, focusing on EC access on campuses across the United States. I've also had the opportunity to participate at their annual meeting, the EC Jamboree, and will be presenting on rural Ontario EC access this coming September. I found a fiery passion within me for women's rights and reproductive health a little over three years ago. Since I've always had an interest in working with adolescents, I've primarily focused my energy on working with youth on growing into their reproductive autonomy with an emphasis on contraception. Over the next year, I am hoping to take what I've learned as a UO graduate and apply this to a community that is close to my heart – Hamilton. Being born and raised in Hamilton, I spent most of my formative years growing and thriving within this unique city. I've also come to know well the hardships that Hamiltonians experience, especially among youth. As such, I now want to refocus my energy on working with youth from my hometown to help them flourish into their best selves. For my initiative, Indigo Girls Group and I aim to create a safe space where young girls can explore breaking down gender barriers, their self-esteem, body positivity and their reproductive autonomy, providing opportunities for personal growth. I came to know IGG through a colleague who connected me with Adele Heagle. One coffee meeting in, I knew it was fate to work with an organization driven to empower young women to be powerful people within the world. I am inspired by the mediums they use for youth engagement, independent development and equipping girls to become change-makers. Throughout the application process, Adele and Sarah Nersesian were so supportive. As I finish up the training and pre-community phase, I'm excited to dive head first into program planning with the help of these inspirational women.



igg in the media

our media impact

Indigo Girls Group experienced massive growth this past year, and with that comes a stronger relationship with the media. IGG expanded our media communications this year, with countless tweets, blog posts, a new IGG wide facebook page, interviews and articles published. Our founder, Adele Heagle, did an interview with Broadview magazine that had a circulation of over 60,000 individuals.

This year, our twitter account averaged:

5,000

interactions per month!

“Indigo Girls Group is pushing to empower young women in the community. What started as a small club in Guelph has now spread to London, Kingston, Ottawa and Toronto.” - Anam Khan

Indigo Girls Group strives to maintain a positive relationship with social media, to encompass what it truly means to be an Indigo Girl. In addition, Indigo Girls Group provides various forms of training on healthy relationships with media in our current society, through workshops, girls clubs and speaker visits.

ETHICAL LIVING | HEALTH

25-year-old empowers Ontario girls through sex-ed

Thanks to Adele Heagle and other volunteers, girls in several cities have safe spaces to ask questions and learn

HOME > LOCAL NEWS

A local initiative to empower girls (6 photos)

What started in in Guelph has been growing into other cities

Bracelets for School Supplies

July 19, 2019 | Indigo Girls Group

Empowerment all around at IGG's 2019 Empower Yourself Conference!

January 30, 2019 | Minoli Dias



LOOKING FORWARD

Here are just a few things we have planned for the year ahead :

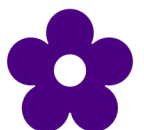
New and improved IGG Member Manual and Policies

Review Organizational Structure

Foster Community Partnerships

Apply for Mid-to-Large size Grants

Develop out of province branches



To our volunteers;



Through your efforts we have provided an important platform for girls to come together, strive for empowerment and learn with and through each other. Each of your passions, hearts and souls fuel the fiery inspiration that is Indigo Girls – individually and as a collective – we are a group, family and network. The wisdom and compassion you bring to every single activity – meetings, girl's clubs, workshops and conferences - is what makes you all **INDIGO GIRLS**. Let the energy and support from within inspire us all as we move forward, push for change and make waves for girl's empowerment. Continue to discuss and engage with men, women and others alike – because you are so incredibly capable of facilitating and realizing that positive change. Thank you for being a part of this Journey!

