



YWCA Week Without Violence™

October 11 – 17, 2009

- Oct 11 – 17th all week long:**
- Artwork Display: *Words That Hurt, Words That Heal***
Displays at Cascade Plaza & YWCA in Banff, Recreation Centre & Civic Centre in Canmore. Artwork created by students at Banff Community High School and Lawrence Grassi Middle School.
- Media Messages:** Listen to Mountain FM and check your local papers, church bulletins and newsletters for ideas on violence-free living.
- New Residents in Staff Accommodation:** Check your bulletin boards for messages from Banff Elementary School and Elizabeth Rummell School students
- Wed. October 14**
- Lady Beware: Self Defense for Women** **6:00p.m. – 10:00 p.m.**
Banff High School. Cost is \$10/person; max of 30 people. Pre-register at the YWCA, call 403-760-3200 or email crc@ywcabanff.ab.ca.
- Bow Valley Victims Services Domestic Violence Training** **7:00p.m. – 10:00 p.m.**
Learn how to provide information and assistance to individuals in abusive situations. YWCA of Banff, 102 Spray Av. Free of charge. Pre-register by phone 403-760-0197.
- Fri. October 16**
- Sexy, Inc.*** **12 noon – 1:00 p.m. – Film & Discussion**
Looks at how the media sexualizes children or a childlike image; examines our unhealthy culture which is marketing sex and sexist images to young girls and boys, and the results in our communities. Free of charge. YWCA of Banff, 102 Spray Ave. held in the Great Room. Free parking, bring your lunch or buy at the Sundance Bistro (on site).
- Sat. October 17**
- This is My Body*** **11:00 a.m. – 12 noon - Film & Discussion**
Young women taking a video production course turn the camera on themselves and each other to explore issues of body image, eating disorders, cutting, sexuality, friendship and parenting. These young women offer a message of urgency, hope and inspiration: you are not alone, you can get through this, you can make a change, you have the power.
- Sexy, Inc*** **1:00 p.m. – 2:00 p.m. - Film & Discussion**
Looks at how the media sexualizes children or a childlike image; examines our unhealthy culture which is marketing sex and sexist images to young girls and boys, and the results in our communities.
- Both films free of charge and held at YWCA of Banff, 102 Spray Ave in the Great Room. Free parking, bring your lunch or buy at the Sundance Bistro (on site).

For more information, contact the YWCA of Banff, 403-760-3200 or email crc@ywcabanff.ab.ca

Imagine a Week Without Violence. Now imagine a Lifetime.
Let's make it real!