



Kin Canada
Kinsmen Club
of Kingston

**girls
inc.**

*Kinsmen Club of Kingston and
Girls Inc. Limestone present the 2025*

GIRLS SUMMIT

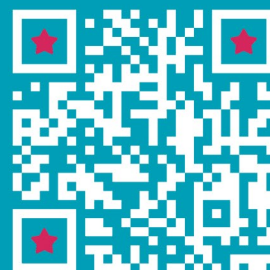
Friday, June 27, 2025

**A unique and empowering
day conference for girls+ in
grades 4 to 8**

**TRANSPORTATION,
SNACKS, LUNCH AND
ACTIVITY SUPPLIES
PROVIDED!**

**Click or scan the QR code for
more information and to sign up.**

Girls+: Girls Inc. is committed to providing the comprehensive Girls Inc. Experience to girls and gender-expansive young people who feel our pro-girl environment is the best fit for them.



**strong
smartbold**

2025 GIRLS INC. GIRLS SUMMIT

INFORMATION PACKAGE

On Friday, June 27, 2025, Girls Inc. Limestone will host an empowering single day conference for **125 girls and gender-expansive young people** in grades 4 to 8 from Kingston, Frontenac, Lennox and Addington, Belleville, Hastings, and Prince Edward Counties. The event will take place at St. Lawrence College in Kingston, Ontario.

Girls Inc. is committed to providing the comprehensive Girls Inc. Experience and other support services to those who identify as girls and gender-expansive young people who feel our pro-girl environment is the best fit for them. For more information, please see our the [Girls Inc. Limestone Position on Gender Identity](#).

The Girls Inc. Limestone Girls Summit is **free** for all participants thanks to the generosity of our sponsors:



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Please register as soon as possible as we expect to fill these spots very quickly. Registration is required no later than **Friday, May 30, 2025**.

[CLICK HERE TO REGISTER](#)

If you have any questions or would like help completing the online registration form, please contact Program Coordinator, **Quinlan Smith**:

Phone: (613) 242-3914

Email: quinlansmith@girlsinclimestone.ca



Girls Inc. of Limestone, Algonquin and Lakeshore
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www.girlsinclimestone.ca

BREAKFAST, LUNCH, SNACKS & REFRESHMENTS

All participants will have access to a light hand-held breakfast when they arrive in the morning (pastries, baked goods, sliced fruit, juice, and water), a boxed lunch at mid-day (sandwich, cookie, cheese, and fruit), and light snacks during the day (granola bar, chips, and water). All foods provided are nut-free and attendees can select their sandwich choice and indicate any allergies or dietary restrictions ahead of time. Half of the breakfast items available in the morning will be gluten free. **We cannot guarantee that foods will not come into contact with gluten or nuts.**

TRANSPORTATION

Girls Inc. Limestone will be providing **free** bus transportation to and from the event from Belleville, Napanee, Amherstview, and Kingston. **Buses will have limited seating and will be filled as registrations are received!**

Parents may also drop-off and pick-up their participant at St. Lawrence College. Participants will be dropped off at the **St. Lawrence College Event, Conference and Banquet Centre entrance no earlier than 8:30 a.m. and must be picked up no later than 3:45 p.m.**

BELLEVILLE

Bus leaves at **7:30 a.m.** and will return to the same location at approximately **5:15 p.m.**
Harry J Clarke Public School parking lot.
77 Rollins Drive, Belleville Ontario

NAPANEE

Bus leaves at **8:05 a.m.** and will return to the same location at approximately **4:35 p.m.**
The Prince Charles Public School parking lot.
75 Graham St West, Napanee, Ontario

AMHERSTVIEW

Bus leaves at **7:45 a.m.** and will return to the same location at approximately **4:50 p.m.**
Our Lady of Mount Carmel Catholic School parking lot.
97 Park Crescent, Amherstview, Ontario

KINGSTON

Bus leaves at **8:15 a.m.** and will return to the same location at approximately **4:15 p.m.**
J.G. Simcoe Public School parking lot
90 Wiley Street, Kingston, Ontario



Girls Inc. of Limestone, Algonquin and Lakeshore
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WORKSHOP INFORMATION

The 2025 Girls Summit will be a full day of activities focused in the fields of *Design*. Using a shortened version of the research-based Girls Inc. *Girls Build It* program, participants will spend time during the day learning about and applying the *concepts of design, brainstorming* a project, and *designing* a prototype. In addition to the Girls Inc. Facilitators, there will be a number of professional women who work in different design fields from the Kingston and Belleville communities to share their expertise and support the participants in their work.

2024 GIRLS SUMMIT SCHEDULE

8:30 to 8:45	All participants arrive at St. Lawrence College by bus or parent/guardian drop off. Participants will go to their registration table in the gym and then grab a handheld breakfast item.
8:50 to 9:00	Welcome & Introduction to the day's events
9:00 to 9:15	Transition time
9:15 to 11:30	Workshop Activities
11:30 to 12:00	Transition time & Large Group Morning Check-in
12:00 to 12:30	Provided lunch and Teen Advocacy Council Speakers
12:30 to 1:00	Transition time & Large Group Stretch
1:00 to 3:15	Workshop Activities
3:15 to 3:45	Large Group end-of-day wrap-up
3:45 to 4:00	Buses loading/parent pickup
4:00	Buses depart

