



GIRLS CLUB

inclusive is fun

CLUB Happenings

What a few months we've had!

The biggest news is that we launched our fifth chapter. We're so warmed by the wonderful response from the **Thompson Valley**. Bolstered by Facebook and positive press, we had our most outstanding launch event yet... THANK YOU to the families in Kamloops for welcoming us into your lives!

Smaller in scale, but no less fun, we were inspired by the reaction to our "Make Your Own Tshirt" event to create some **GIRLS CLUB merchandise: tshirts, mugs, tote bags...** You'll hear more when our e-Shop is ready!

Looking forward to Spring, this season's edition of our GIRLS CLUB newsletter has: gardening opps, Japanese "toys", journaling options, period info, and - my favourite - our GIRLS CLUB spotlight.

Thanks for being here and please enjoy!
Vicky xoxo

GIRLS CLUB Spotlight



Meet Kayla Tellier

Kayla is a 24 year old actress and self-advocate with ASD, and she is SUPER BUSY!

Kayla works part time in a warehouse, *and* for the Canucks Autism Network as a support worker. She also volunteers on the Voices of Autism advisory board for the PAFN, where she is currently working on creating a mentorship program to benefit young people with ASD.

Kayla is *also* on the board for the Lower Mainland Down Syndrome Society, where she has recently created a kids group to run at the same time as the Parent networking group. Last, but not least, in conjunction with AutismBC, Kayla runs an acting club for people of all neurodiversities.

Acting was one of the things that helped Kayla tremendously as a kid. She wishes to share that experience with others that could benefit, but who may not be able to afford or get into a traditional acting class. Kayla graduated from acting school in 2016 and has since written a feature length script which she shot a pitch trailer for (that she wrote, directed, and acted in!). Kayla has been in several student films, and most recently acted in a short horror film as the lead character.

Day to day, Kayla likes to play sports, write, watch movies, read, and play card games. Kayla is in many Special Olympics sports such as Basketball, Soccer, Figure Skating, weight training, and baseball. Her favourite books and movies are the Harry Potter series, and the last book she read was *Flowers for Algernon*. She quite frequently hosts card nights with her cousins and sometimes a friend or two.

Kayla pet peeves: when people tell others that high school will be the best years of their lives. She hated high school and would never go back, but she *would* do her college years over in a heartbeat because that's where she got meet her people.

Her favourite sayings:

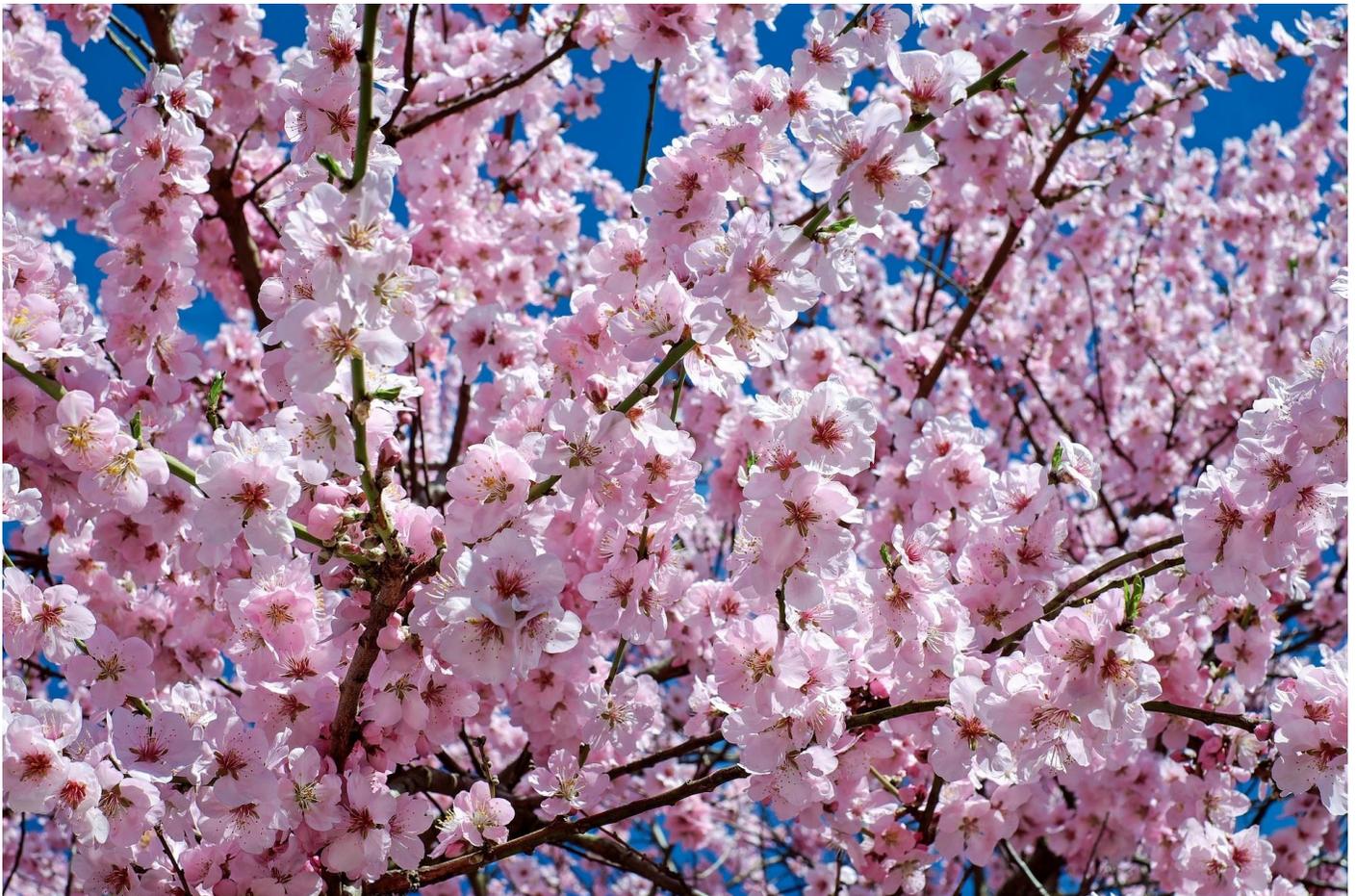
"Happiness can be found in the darkest of times, when one only remembers to turn on the lights"

– Albus Dumbledore (*Harry Potter and the Prisoner of Azkaban*)

"Rock Bottom was the solid foundation on which I rebuilt my life" – JK Rowling

"Spring is nature's way of saying let's party!"

~ Robin Williams



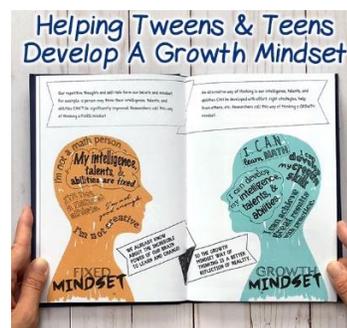
Spring offers many opportunities to get out and see the blossoms, along with planting something small in a pot or larger in a garden. BC is in bloom!

Tips & Tries

Our recommendations for Spring...

[BIG LIFE JOURNAL](#) | This unique, growth-mindset company is a husband/wife collaboration. They provide amazing journals and resources for kids, tweens and teens designed to help develop resilience, grit, confidence, positivity, and much more!

When you sign up for free, you get free printables sent to your inbox weekly. The resources are reasonably priced, and friendly + engaging for both kids and parents to use.



This season is a perfect time to get outside and feel all the powerful feelings that Spring brings. [KIMOCHIS](#) are a great way to express those feelings! [KEY.MO.CHEE means “feeling” in Japanese.]

Kimochis look like toys, but they are actually tools; communication tools that help kids manage feelings in positive ways to promote well-being and success in school and life.

They are a fun and easy-to-use combination of plush characters, feeling pillows and curricula for adults, kids, professionals and parents in supporting difficult feelings and emotions.



Puberty can start anywhere between the ages of 7 to 17. *That's a huge gap.*

Thankfully, the female body starts showing signs of puberty about 1-2 years before they start menstruation. As soon as your daughter starts showing signs of puberty, start easing menstruation into conversation.

[I HAVE MY PERIOD](#) a great way to start that conversation with this FREE printable book.

If you'd like something more comprehensive with resources, Robyn Stewart who is writer and also autistic, has a book coming out called [“THE AUTISM FRIENDLY GUIDE TO PERIODS”](#). This book helps autistic and non-autistic people of all genders to understand periods. The release date is April 18.

[Related: BC public schools to provide free menstrual products for students! Watch the video [HERE](#).]

I Have My Period Social Story



Chapter News & Upcoming Events:

Lower Mainland

- News: It's been busy! We all loved the Make Your Own Tshirt, Lots of Love, Yoga and Acting Classes, and our "older sisters" had a wonderful evening at their cooking class. This spring we will have another "older sisters" event, as well as our all-ages DRESS UP TEA PARTY! ...Upcoming, we have: our Mother's Day Event, Playland fieldtrip, and GIRLS CLUB birthday party. This year's theme will be a Hawaiian Luau to spread the aloha :)
- Events: see our [calendar](#)

Okanagan

- News: Our Okanagan GIRLS have been loving our last few events, and we have been getting creative and crafty. February saw us go to a local art studio (Homestead Studio in Coldstream) where each GIRL made a pallet sign with a character of their choosing and their names on it. For March we had a fun-filled LEGO themes party hosted by the wonderful Vernon Teach and Learn. We played LEGO games, created our own LEGO characters to come home, had a hot dog lunch with LEGO sundaes. April sees us getting bendy as we head to Noble Wellness Studios in Armstrong for a goat yoga session - we cant wait to cuddle baby goats! May sees us head to the Okanagan College Spa Training Centre for an afternoon of pampering with mini manis and pedis on the cards for the day. And then for June we will head to the Coldstream firehall to have a tour, check out the trucks, learn about fire safety, and maybe also get a chance to try out the fire hoses!
- Events: see our [calendar](#)

Northern BC

- News: GIRLS CLUB Northern BC is in full swing! We are busy crafting and connecting - not only with our club and each other, but also with our newly started BOYS CLUB!
- Events: see our [calendar](#)

North Peace

- News: We are keeping up with our monthly meetings, creating awareness of our group in our community and doing great things together. Last meeting we focused on and discussed anxiety and what it does to us mentally, emotionally and physically. We also made bath bombs and rollers that help with stress, sleep and moods.
- Events: see our [calendar](#)

Thompson Valley

- News: Our launch event in April was a huge success and we had over 50 Thompson Valley GIRLS join in on the fun! We made bath bombs, had our faces painted, and ate pizza! This month, we will be getting to know each other better over tea and treats at our Royal Tea Event. In May, we will continue to get crafty by following the North Peace's Chapter's example, and making unicorn poop! Then, as the summer warms things up, we'll be heading to the beach for BBQs and fun!
- Events: see our [calendar](#)

Thank You Sponsors, Supporters and Donators!

[AutismBC](#)

[Goodlife Fitness Family Autism Hub](#)

[NONA Childhood Development Centre](#)

[North Peace SuperPark](#)

[Pacific Autism Family Network](#)

[TELUS](#)

[The Bx Press Cidery](#)

[Vernon Teachers Association](#)

[Armstrong Kin Club](#)

[Tim Hortons Vernon](#)



Thank you, Christine!

This newsletter is generously created by GIRLS CLUB member/mom, Christine Barnsley

**GIRLS CLUB is a 100% volunteer run, non-profit org.
Your donations ensure we make an ongoing, significant difference
in the lives of girls with neuro/developmental challenges.**