

Brimbank City Council

Free of charge

Get your GLOW on

Movement. Energy. Confidence. Connection.

Glow is a 7 week program by Brimbank Youth Services for girls aged 11-16 who want to move, connect and feel good.

Each week is a fun, chill session with activities chosen with the girls, good vibes, tasty snacks and plenty of time to hang out and make new friends. Think frisbee, pickleball, dance, trivia, art and more!

Plus, Term 4 Glow is bringing extra spice with cooking, tasty food and healthy eating!

Come try new things, have a laugh and find your people.

Weekly on Wednesdays, 7 October to 18 November 2026

3.30-5pm

West Sunshine Community Centre

25 Kermeen St, Sunshine West

To get involved, visit

brimbankyouth.com/programs/glow

BRIMBANK YOUTH SERVICES

A SERVICE PROVIDED BY BRIMBANK CITY COUNCIL

For more information contact Brimbank Youth Services on
9249 4000 or **youthsupport2@brimbank.vic.gov.au**

Interpreter **131 450**
Local call costs apply

197 - 0825