



WORKSHOP INVITATION

**Kitigan Zibi Anishinabeg
Community Hall (upstairs)
March 8, 2010**

Are you interested in building your leadership skills to contribute to sport and physical activity in your community?

Are you passionate about physical activity and want to share this passion with girls and young women?

This event is for you!

Aboriginal Women & Leadership Workshop: Building On Our Strengths

9:00am-12:00pm

Designed by and for Aboriginal women, this workshop will provide an opportunity for women working or volunteering in the sport, recreation, health and education fields to share their experiences, reflect on ideas, and develop their skills relating to communication, networking and influencing change. Discussion will focus on how to improve community sport and physical activity for Aboriginal girls and women.

COST: FREE!
Lunch will be provided

R.S.V.P. to: Deborah Decontie, 819.449.5593 ext. 231 or deborah.decontie@kza.qc.ca

On the Move Workshop Getting Girls and Young Women Active!

1:00pm-4:00pm

An interactive, issue-based session focused on increasing the participation of inactive girls and young women. Discussion includes best practices from across Canada, practical "how-to" tips, and the identification of opportunities for collaboration and local action to make a difference in the lives of girls and young women. Learnings from CAAWS' *Aboriginal Girls On the Move* project will also be shared.

Registration deadline is March 5, 2010

For more information about **CAAWS** visit www.caaws.ca.



**KITIGAN ZIBI
HEALTH & SOCIAL SERVICES**