

Please share with your networks!



*Increasing the participation of girls and young women in physical activity and sport*

## WORKSHOP INVITATION

Tuesday February 28<sup>th</sup> 2012, Mississauga, ON

*On the Move* is a national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. With funding from Citizenship and Immigration Canada, the *Newcomer On the Move* project is designed to address disparities in the availability and utilization of physical activity and sport opportunities for newcomer girls and young women (those living in Canada five years or less). CAAWS is excited to partner with The City of Mississauga to support a *Newcomer On the Move* program in Mississauga. This workshop will provide an opportunity for community organizations to learn more about the project and how they can be involved!

During this interactive, issue-based *Newcomer On the Move Workshop*, participants will:

- ☑ Learn about *On the Move*, *Newcomer On the Move*, and other programs and resources available from the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS).
- ☑ Discuss the value of sport and physical activity for girls and young women, and the barriers they confront to their participation, with particular attention to the unique needs, interests and experiences of newcomers.
- ☑ Hear about best practices, successes and challenges from your community and others across the country.
- ☑ Gather practical tips and program ideas to engage inactive girls and young women and create positive programs that support their participation.
- ☑ Network with individuals and community organizations and learn more about opportunities to be involved with the *Newcomer On the Move* program in Mississauga.

The *Newcomer On the Move* workshop is designed for anyone with an interest in the health and well-being of girls and young women i.e. recreation staff, health promoters, coaches, sport administrators, teachers, school administrators, staff from settlement service agencies, and parents. Workshop participants will receive a complimentary copy of the *On the Move* Handbook and other CAAWS resources.

**COST:** FREE!

**WHEN:** Tuesday February 28<sup>th</sup> 2012, 1:00 pm – 4:30 pm

**WHERE:** Ivor Woodlands Room at South Common Community Centre, 2233 South Millway Mississauga, ON

**R.S.V.P. to:** Heather Coupey, Community Development Coordinator, City of Mississauga  
905-615-3200 x 3407 or [heather.coupey@mississauga.ca](mailto:heather.coupey@mississauga.ca)

**REGISTRATION DEADLINE: February 17<sup>th</sup> 2012**

### About the Workshop Facilitators:

**Laura Kelly** is a Project Manager with CAAWS' *Newcomer On the Move* project, aimed at increasing healthy living opportunities for newcomer girls and young women. **Sydney Millar**, CAAWS' National Program Director, has travelled across Canada delivering *On the Move* workshops and presentations

For more information about CAAWS and *Newcomer On the Move* visit [www.caaws.ca](http://www.caaws.ca).



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