



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

# Addressing the Needs of Newcomer Girls

## WORKSHOP INVITATION

COSTI Immigrant Services is collaborating with the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) to develop and implement a healthy living program for newcomer girls and young women in Brampton. The program will build upon CAAWS' national *On the Move* initiative, a proven best practice to create positive programs and inclusive environments to introduce inactive girls and young women to the benefits of participation in sport and physical activity.

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

- Learn about the *On the Move* initiative, CAAWS and the new project being launched in Brampton.
- Talk about the value of physical activity and sport for newcomer girls and young women, and the barriers they confront to their participation.
- Share experiences engaging this target group, and learn about best practices, practical tips and positive programming ideas from others.
- Contribute to the development of a plan to deliver a healthy living program for newcomer girls and young women.
- Network with individuals and community organizations.

Practitioners, policy makers and volunteers involved with settlement agencies, municipal recreation, community sport, community health promotion, youth-serving agencies or who are interested in the health and well-being of newcomer girls and young women are invited to attend. Workshop participants will receive a complimentary copy of the *On the Move* Handbook and other CAAWS resources.

**COST:** FREE!

**WHEN:** Friday, March 26, 2010 12:00pm – 4:30pm \*Lunch will be provided.

**WHERE:** Century Gardens Rec Centre Room 3, 340 Vodden Street East, Brampton

**R.S.V.P. to:** Susanna Tang, 905-459-6700 x202 or [tang@costi.org](mailto:tang@costi.org)  
**Space is limited! Registration Deadline: March 22, 2010**

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

For more information about COSTI Immigrant Services visit [www.costi.org](http://www.costi.org).

*This project has been made possible through the support of the Ontario Government.*

