



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

Addressing the Needs of Newcomer Girls

WORKSHOP INVITATION

Settlement and Integration Services Organization (SISO) 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 Hamilton. 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 Hamilton
- ☑ 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: March 25th, 2010 12:00pm-4:00 pm *Lunch provided

WHERE: Globe Youth Centre
24 Main St. W. Hamilton, ON

R.S.V.P. to: Alex Ozer
905-527-2049 ex.3526 sozer@sisohamilton.org
Space is limited! Registration Deadline: March 22, 2010

For more information about CAAWS and *On the Move* visit www.caaws.ca.

For more information about S.I.S.O. visit www.sisohamilton.org

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Canadian Association for the
Advancement of Women
and Sport and Physical Activity

Association canadienne pour
l'avancement des femmes
du sport et de l'activité physique

