



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



WORKSHOP INVITATION

Birch Brook Nordic Ski Club, HV-GB, NL
February 20th 2010 9:00am – 4:00pm

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

RSVP to: Todd Winters Tel: (709) 896-9218 E-mail: asrcnl@nf.aibn.com

Registration deadline is February 13th 2010

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.

About the Workshop Facilitators...

Arlene White is a Mik Maq woman from the community of St. George's where she works for the Leading Edge Credit Union. Arlene is involved with the You Go...Girl program, is a certified level 1 coach for basketball, volleyball and badminton, and has been involved with the organization of the Team NL men's hockey team. Arlene is happily married with a son and step daughter, and looks forward to every day as a new adventure!

Valentina Nolan works with the Aboriginal Sport and Recreation Circle of Newfoundland Labrador (ASRCNL) in the Bay St. George Region. Valentina's You GO...Girl program for Aboriginal girls, based on the "On the Move" concept, is becoming a model program for the province, now being delivered in six communities. Valentina lives in Stephenville Crossing with her husband Monty, and children David and Madison.

For information about CAAWS visit www.caaws.ca.

For information about the Aboriginal Sports & Recreation Circle of Newfoundland & Labrador visit www.asrcnl.ca/home/