



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

# Addressing the Needs of Newcomer Girls

## WORKSHOP INVITATION

Girls n' Women and Sport 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 Ottawa. 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 Ottawa
- 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:** Monday, March 29, 2010 12:30pm-4:30pm \*Lunch provided

**WHERE:** Ben Franklin Place, 101 CentrepoinTE Drive, Room 1A

**R.S.V.P. to:** Annie Goodchild - 613-580-2424 ext 41184 or [annie.goodchild@ottawa.ca](mailto:annie.goodchild@ottawa.ca)  
Space is limited! Registration Deadline: March 24, 2010

### About the Workshop Facilitator

Through her work with CAAWS, Sydney Millar has delivered workshops and presentations across the country about creating inclusive physical activity programs and positive environments that address the unique needs, interests and experiences of girls and young women. Sydney lives in Ottawa, ON.

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

For more information about Girls n' Women and Sport visit [www.ottawa.ca](http://www.ottawa.ca).

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



Ontario



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

