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## WORKSHOP INVITATION

February 7<sup>th</sup> 2012, Halifax Regional Municipality, Nova Scotia

**What:** *On the Move* is CAAWS' national initiative to increase opportunities for inactive girls and young women to participate in sport and physical activity. CAAWS' ***Newcomer On the Move*** project, with support from Citizenship and Immigration Canada, 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 **Active Halifax Communities** and **The YMCA of Greater Halifax/Dartmouth Immigrant Services** to support a ***Newcomer On the Move*** program in the **Halifax Regional Municipality**.

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 newcomer girls and young women, and the barriers they confront to their participation.
- ☑ Hear about best practices, successes and challenges from your community, and others across the country.
- ☑ Gather practical tips and program ideas to engage inactive newcomer 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* Advisory Committee, supported by *Active Halifax Communities*.

**Who should attend:** The ***Newcomer On the Move*** Workshop is designed for anyone with an interest in the health and well-being of newcomer girls and young women i.e. recreation staff, health promoters, coaches, sport administrators, teachers, school administrators and staff from settlement service agencies.

**Cost:** FREE! Space is limited, so register early!

**When:** February 7<sup>th</sup> 2012, 10:00am-3:30pm  
Lunch and snacks will be provided (*please let us know if you have any dietary restrictions*).

**Where:** Fairbanks Center, 54 Locks Rd, Dartmouth  
*Dress appropriately to take advantage of the beautiful trails of Shubie Park during the lunch break!*

**R.S.V.P. to:** [deborah.fram@gov.ns.ca](mailto:deborah.fram@gov.ns.ca) or 424-6608

**REGISTRATION DEADLINE: January 31<sup>st</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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strong families and strong communities