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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

Engaging Girls and Young Women from Diverse Ethno-Cultural Communities in Sport and Physical Activity

WORKSHOP INVITATION

MAY 16, 2013 SUDBURY, ON

Ontario communities are becoming increasingly diverse, creating new challenges and opportunities for community sport and physical activity providers. This workshop will share findings from a project conducted by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), with funding from the Ontario Ministry of Health and Long-Team Care. *Making Healthy Connections with Racialized Communities: Girls and Young Women's Experiences with Sport, Physical Activity and Healthy Living* involved focus groups with Racialized girls and young women, and service providers engaging this important target group.

During the workshop, participants will:

- Discuss the complexities of race in an increasingly diverse society as they apply to sport, physical activity and healthy living.
- Discuss the value of sport and physical activity for Racialized girls and young women, and the barriers they confront to their participation.
- Review focus group findings with Racialized girls and young women, and service providers.
- Gather tips and recommendations to increase the participation of Racialized girls and young women.
- Learn about *On the Move* and other CAAWS programs.
- Network with individuals and community organizations, and discuss collaboration and local action to enhance existing programs or plan something new.

The workshop is designed for anyone with an interest in the health and well-being of Racialized girls and young women – municipal recreation staff, health promoters, coaches, sport administrators, teachers, school administrators, staff from multicultural agencies, and others. Workshop participants will receive a complimentary copy of the *Making Healthy Connections with Racialized Communities Focus Group Report and Recommendations* and other CAAWS resources.

COST: FREE!

WHEN: May 16, 2013 1:00pm – 4:30pm

WHERE: Gerry McCrory Countryside Sports Complex, 235 Countryside Drive, Sudbury

R.S.V.P. to: Renée Germain 705.674.4455 ext. 2507 Renee.Germain@greatersudbury.ca

REGISTRATION DEADLINE: THURSDAY, MAY 9 2013

About the Workshop Facilitators - Stacey Alpous

Stacey completed her Bachelor of Science with specialization in Human Kinetics from the University of Ottawa in April 2011. Interested in pursuing the practical side of physical activity and health, Stacey went on to complete her Master of Human Kinetics with concentration in Intervention and Consultation, also from the University of Ottawa. During her internship, Stacey offered physical activity counselling to children with physical activity restrictions and worked with a number of athletes offering mental training. Stacey now works as a research assistant at the Children's Hospital of Eastern Ontario with the Healthy Activity Living and Obesity Research team. She also continues to work with athletes in the Ottawa-area offering mental training in the form of team workshops or individual sessions. Stacey stays active by participating in hockey, soccer, biking, and yoga.

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

Making Healthy Connections in Racialized Communities Workshops have been made possible through a financial contribution from the Ontario Ministry of Health and Long-Team Care.

