



## REGISTRATION FORM

Don't miss your chance to be a part of the sixth annual **International Day of the Girl** event. This event brings young girls, ages 8-16, from different backgrounds together to participate in exciting mini-workshops that celebrate being a girl and encourage healthy lifestyles. See the attached workshop descriptions for more information.

**When?** **Wednesday, October 11<sup>th</sup> 2017 - 5:00 PM to 8:30 PM**

**Where?** **L'École Secondaire Catholique La Citadelle (510 McConnell Ave, Cornwall)**

To secure your spot, return your completed registration form to [alandry@equipepsychosociale.ca](mailto:alandry@equipepsychosociale.ca) **All registrations must be submitted by Wednesday, October 4th 2017.** For any questions regarding registrations please contact Anik at L'Équipe Psycho Sociale 613-938-7112 ext. 226.

### Participant's Information

**First Name**

**Last Name**

**Age**

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\_\_\_\_\_

\_\_\_\_\_

**Home Address**

**Phone Number**

\_\_\_\_\_

\_\_\_\_\_

**Email**

**Allergies (if applicable)**

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\_\_\_\_\_

### Parent or Guardian's Information

**First Name**

**Last Name**

**Phone (if different from above)**

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\_\_\_\_\_

### Workshop Choices

[Top four choices in order of preference. Participants will take part in two (2) workshops at the event. See attached for descriptions.]

1.

3.

2.

4.

All participants must be accompanied by an adult who must be present for the entirety of the event. Parent/Guardian specific workshops will be offered concurrently. Participants are asked to wear close-toed shoes and comfortable clothing. A light snack will be provided; however, please *be sure to eat* dinner before coming.

Photos of participants will be taken throughout the evening and may be used for Internet and/or media release. **Participants whose parent or guardian does not consent to having their child's photo released will, unfortunately, not be able to attend the event.** By initialing this box you agree to let your daughter's photos be released.

**Parent/Guardian Signature**



## WORKSHOP DESCRIPTIONS

NAME OF WORKSHOP	DESCRIPTION
<b>Terrific TV by TV Cogeco</b>	Get a glimpse behind the scenes onto the world of television and learn about television production from the guru Gabriel Riviere-Reid. You'll get hands-on with the cameras, audio boards, directing, and on-air hosting to capture this fabulous event on camera.
<b>Crossfit for Kids by Seaway Valley Crossfit</b>	We pair exercise with fun and help create a love of health and fitness. CrossFit Kids combines gymnastics, body-weight calisthenics, and weightlifting elements to develop physical skills, balance, and coordination. We will teach you proper movement and safety. Best of all, anyone can do it!! Join certified coach Amanda to get both physically and mentally strong, and most importantly, have FUN!
<b>Martial Arts and Fitness by Patenaude Martial Arts</b>	Martial Arts builds self-esteem and confidence! Work on agility, balance, striking and get a better understanding of how to avoid a potentially dangerous situation. Everything is designed to bring out the "natural" marital artist already inside you. We are passionate about Martial Arts and living a healthy life style. We can't wait to share our passion with you.
<b>Vision Boards by SASS</b>	Create your very own vision board to represent all the awesome dreams you have for your life! This super-cool and empowering tool helps you focus on your goals and achieve them! Offered by Angela Vinet.
<b>BGC's Be-YOU-Tiful by the Boys and Girls Club</b>	When girls feel good about themselves, there's nothing they can't do! We will be discussing healthy relationships (friends, family) Activities are designed to encourage the girls to embrace their unique beauty by getting them to look at body confidence and how this influences their attitudes to themselves and others. Love it! Offered by the Boys and Girls Club of SD&G
<b>Healthy Cooking by Mindful Cookery</b>	Learn to create a delicious healthy snack with Rachel Roy from the Mindful Cookery. As she guides you in the kitchen you will learn all about the benefits of the whole and nutritious ingredients you are using. Please note: you may come in contact with nuts.
<b>Zumba By Adele and Jasmine</b>	Get your groove on! Zumba® is the ultimate dance-fitness party! It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching.
<b>Drumming by The Rythm Room</b>	Express yourself, learn and perform! Each group will be lead in a drum circle which creates a feeling of unity and community. Everyone is part of the team contributing to the music. Boost your energy and receptivity, and enhance listening and team building skills. Explore many different kinds of drumming with Jody Marsolais, including Powwow Drums, Asian Gongs and More!

*Please note that we will be accepting canned food donations for the Agape centre the night of the event. Thank you!*