



Girls Empowered and Strong 2019 Summer Programs Registration Form

Girls Empowered and Strong is a program for teenage girls who want to address the many issues facing them and become empowered to make strong and positive choices for their futures. Girls Empowered and Strong is designed to meet the unique needs of girls affected by FASD, however all teen girls are welcome to participate. Our program is also LGBTQ2S+ inclusive and welcomes all girls to attend.

Our summer programs are free and include a light lunch daily.

Bus fare for any field trips during programming is included.

Our summer day camps provide free, fun programming that engages in a variety of activities including art, physical activity, field trips and discussions.

This year, we are offering 3 themed summer day programs. Participants can enroll in one or multiple camps.

Program Registration

Please indicate with a checkmark for each program you would like to enroll your youth in.

- Caring For Ourselves** – July 2-4 , 10:00 AM- 4:00 PM

During this program we will explore mental, physical, sexual and spiritual health through physical activities, presentations, discussions, art, and group activities. *Youth are encouraged to wear comfortable clothing and shoes in order to participate in the physical activity sessions each day. **Swimming at an outdoor pool may be included.***

- Learn To Adult** - July 24-26, 10:00 AM- 4:00 PM

This program focuses on life skills – specifically related to job searching, grocery shopping and making meals, and financial literacy. We will be creating resumes, doing mock interviews, doing a tour of a grocery store, volunteering at a local agency, learning to read and follow recipes, and learning how to manage our money.

- Navigating Relationships** – August 6-7, 10:00 AM – 4:00 PM

With creative activities, presentations, and group activities, we will learn how to deal with the many relationships in our lives, such as with grandparents, partners, friends, etc. Learn how to survive break-ups (with friends or partners), make friends, communicate with others better, manage conflict and be yourself.



- Caring For Ourselves** – August 13-15, 10:00 AM – 4:00 PM

During this program we will explore mental, physical, sexual and spiritual health through physical activities, presentations, discussions and group activities. *Youth are encouraged to wear comfortable clothing and shoes in order to participate in the physical activity sessions each day. **Swimming at an outdoor pool may be included.***

- Learn To Adult** – August 21-23, 10:00 AM – 4:00 PM

This program focuses on life skills – specifically related to job searching, grocery shopping and making meals, and financial literacy. We will be creating resumes, doing mock interviews, doing a tour of a grocery store, volunteering at a local agency, learning to read and follow recipes, and learning how to manage our money.

Participant Information

First Name: _____ Last Name: _____

Birthdate: _____

Participant Phone Number: _____ Email: _____

School currently attending: _____

FASD Diagnosis: Yes No Suspected (This is a funding requirement)

If yes, where and when was the diagnosis obtained?

Please list any additional medical conditions:

Please list any special dietary needs (vegetarian, allergies, etc)

Will transportation be an issue?

How did you hear about Girls Empowered and Strong?

Any additional comments/concerns



Parent/Guardian Contact Information

First Name: _____ Last Name: _____

Relationship: _____

Phone Number(C): _____ (H): _____

Email Address: _____

Alternate Emergency Contact Information

First Name: _____ Last Name: _____

Relationship: _____

Phone Number(C): _____ (H): _____

Registration Details

Program participation is voluntary. The youth must register willingly.

If transportation is an issue, youth bus tickets can be provided.

The program will run at the Elizabeth Fry Society main office located at 10242 – 105 Street on the 9th floor. Take the elevators up to the 8th floor and walk up the stairs to our office.

Return completed form to Kristina at youth@efryedmonton.ab.ca, by fax at (780) 425-8989, or in person at #900, 10242 – 105 Street, Monday-Friday, 9am-12pm and 1pm-4pm.

Guardian Consent

I hereby give consent for (first and last name of participant) _____ to participate in the Girls Empowered and Strong Summer Program. I understand that public transportation and walking may be utilized for transportation. I will not hold the Elizabeth Fry Society of Edmonton liable in the event of an accident or injury due to causes other than negligence on behalf of program staff.

Name of Guardian (please print): _____

Signature of Parent/Guardian

Date

Elizabeth Fry Society of Edmonton
#900, 10242 105 Street, Edmonton
780-784-2200