

## THANK YOU!

Girls Incorporated of Durham gratefully acknowledges the support of our corporate sponsors, volunteers and instructors.

Gold Sponsors

Silver Sponsors

Bronze Sponsors

*"Kudos to Girls Inc - what an amazing day."  
- Girls Day Out Participant*

*"Girls Day Out was an excellent opportunity to meet some of the young women of Whitby and Durham at a day of fun and creative activities. I ask that parents encourage their daughters, grand daughters, nieces, and friends to become involved with Girls Incorporated of Durham."  
- Mayor Pat Perkins, Town of Whitby*

[www.girlsinc-durham.org](http://www.girlsinc-durham.org)

6th Annual

# Girls Day Out!

play day FUNdraiser

March 27, 2010, 8:30 am - 4:00 pm

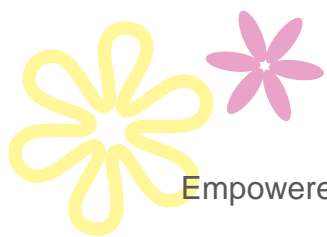


A full day of fun that will challenge and inspire your mind, body and spirit!

IN SUPPORT OF



Girls Incorporated<sup>®</sup> of Durham  
Inspiring all girls to be strong, smart, and bold<sup>SM</sup>



## Our Vision

Empowered girls living in an equitable society.

## Our Mission

Girls Inc. is a not for profit charity that exists to empower girls to believe in themselves and reach their full potential. We inspire all girls to be Strong, Smart, and Bold<sup>SM</sup> through advocacy, education and programs.

## About Girls Incorporated<sup>®</sup> of Durham

Girls Incorporated is the only social service agency in Durham providing gender specific programming delivered by professionally trained facilitators.

Our programs intentionally help encourage girls to assume leadership roles and assist in addressing many of the barriers faced by girls. We offer programs focused on such topics as health and fitness, science, math, technology, preventing adolescent pregnancy, leadership and self esteem. Celebrating 25 years of expertise.

## How you can help

We offer a wide variety of ways to volunteer. Please contact us or visit our web site at [www.girlsinc-durham.org](http://www.girlsinc-durham.org) for more information on how you can get involved.

We always welcome donations to help us deliver our signature programs to girls throughout Durham.

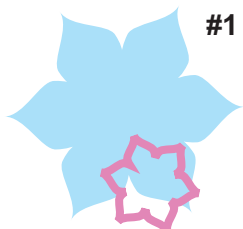
### Girls Incorporated<sup>®</sup> of Durham

#1 - 398 Bayly Street West, Ajax, ON L1S 1P1

T: 905.428.8111 F: 905.428.9992

[info@durham.girls-inc.org](mailto:info@durham.girls-inc.org)

[www.girlsinc-durham.org](http://www.girlsinc-durham.org)



## Registration Form

Registration Fee: \$100

Registration forms and cheques dropped off or mailed to:

Girls Incorporated of Durham  
#1-398 Bayly St. W.  
Ajax, ON L1S 1P1

TEL: 905.428.8111  
FAX: 905.428.9992

# Girls Day Out!

Payment Methods:  
**VISA, M/C, AMEX, CASH OR  
CHEQUE ONLY. SORRY, NO  
REFUNDS**

Please make cheques payable to:  
**Girls Incorporated of Durham**

**Note:** Registration limited to 200 people. Must be 19 or older.

**For further information, please contact:**

Connie Young: 905.428.8111 ext. 21 or email: [cyoung@durham.girls-inc.org](mailto:cyoung@durham.girls-inc.org)

NAME

ADDRESS

CITY/TOWN

POSTAL CODE

PHONE

EMAIL ADDRESS

VISA  M/C  AMEX

EXPIRY DATE

**9:00 am choices**

1.

2.

**12:45 pm choices**

1.

2.

**10:30 am choices**

1.

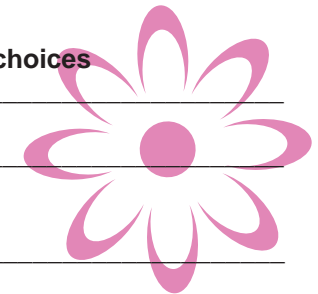
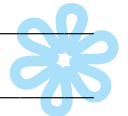
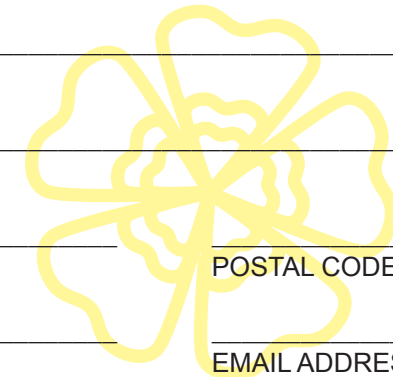
2.

**2:15 pm choices**

1.

2.

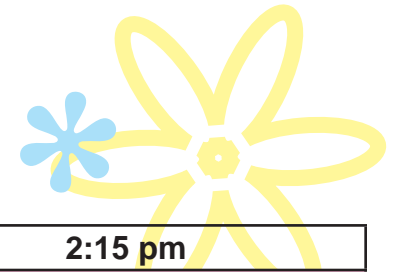
Please note any dietary concerns \_\_\_\_\_





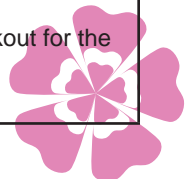
# Design YOUR day

Choose first and second choice activities from each time slot.



## New Activities AND Returning Favourites

9:00 am	10:30 am	12:45 pm	2:15 pm
<b>Hors d'oeuvres</b> Quick and easy hors d'oeuvres for the busy woman	<b>Cake Decorating</b> Make your next cake special with these decorating techniques.	<b>Wine Tasting</b> Develop your appreciation for wines by starting with your basic senses.	<b>Wine Tasting</b> Develop your appreciation for wines by starting with your basic senses.
<b>Decor 101</b> Blend the emotional and practical sides of affordable decorating to make your home more of a reflection of you.	<b>Colour 101</b> Tips and tricks of the trade to help you transform your space into one you will love.	<b>Make- Up Artistry</b> Put your best face forward as you learn to enhance your natural beauty.	<b>Naturopathic Herbal Teas -</b> Learn about healing herbs and customize your own healing tea.
<b>Attraction in Action</b> Put the law of attraction to work in your life so you can attract and manifest what you really want.	<b>Party Planning</b> Learn how to host a stress-free party so you can enjoy yourself as much as your guests!	<b>Image Consulting</b> Techniques and tips to enhance the image you want to set forth to the world.	<b>Creative Memories</b> Organize and display your photos in unique ways. Bring some of your personal photos to enhance your class experience.
<b>Intuitive Art Therapy</b> With the use of words and pictures explore and reflect on your inner strength.	<b>Pottery Painting</b> Enjoy hands on creative fun transforming pottery into brilliant works of art.	<b>Earrings, Earrings, Earrings</b> Add a little sparkle to your life with your own custom jewelry.	<b>Earrings, Earrings, Earrings</b> Add a little sparkle to your life with your own custom jewelry.
<b>Chocolate Making</b> Indulge your sweet tooth as you learn to make chocolate treats.	<b>Chocolate Making</b> Indulge your sweet tooth as you learn to make chocolate treats.	<b>Martini Making</b> Master the art of mixology as you create and sample an array of martinis.	<b>Art of Cocktails</b> Learn to create fun cocktails and mocktails for all occasions!
<b>True Colours</b> Discover your authentic self through this fun and interactive personality assessment.	<b>Spa Experience</b> Relax and indulge as you learn to create a home spa experience.	<b>Meditation</b> Relieve stress by exploring guided visualization techniques and learn powerful skills to gain insight into oneself.	<b>Tools for Positive Self- Talk</b> Fill your self-esteem toolbox. Create your own positive light to enhance your life.
<b>Rock 'n Roll Yoga</b> Increase flexibility and reduce stress while enjoy the flowing movements of yoga accompanied by R &B and hip hop tunes.	<b>African Drumming</b> Come and learn this upbeat art form and discover the drummer in you.	<b>Bikini Boot Camp</b> Celebrate the benefits of getting active and in shape. Fitness has never been so much fun!	<b>Garden Design</b> Ideas to create a butterfly garden and build a bird house
<b>Powerful Public Speaking</b> Tools and techniques to create a passion for public speaking	<b>Fit While You Sit</b> Discover great strategies to stay healthy naturally and live with vitality.	<b>Self-Defense</b> Learn skills and strategies to feel confident and safe in our world.	<b>Swing Dancing</b> Stay fit by burning up the dance floor as you learn some hot new moves.
<b>Tai Chi</b> Learn how your mind and the body can become one. Find inner balance.	<b>Belly Dancing</b> Shimmy your way across the floor as you learn this beautiful art form.	<b>Salsa Dancing</b> Burn up the dance floor as you learn some hot latin moves.	<b>Improv</b> No scripts, no rehearsed scenes. Just crazy creative ideas and tons of fun!
<b>Specialty Paint Finishes</b> Learn paint techniques to reflect your personal style.	<b>Flower Arranging</b> Learn to create beautiful arrangements to compliment your decor.	<b>Nia Yoga</b> Explore the natural rhythms and power of your body with Nia, a creative barefoot workout blending dance and yoga.	<b>Bodysculpt Core Class</b> Fun and effected full body workout for the mind, body and the soul.



## Day Plan

Time	Event	Location
8:30 am - 8:55 am	Registration & breakfast, Welcome Address	Lion's Hall/Dining Hall
9:00 am	Silent Auction Opens	Dining Hall
9:00 am - 10:15 am	First Class	on your schedule
10:15 am - 10:30 am	Morning Break	Dining Hall
10:30 am - 11:45 am	Second Class	on your schedule
11:45 am - 12:45 pm	Lunch	Dining Hall
12:45 pm - 2:00 pm	Third Class	on your schedule
2:00 pm - 2:15 pm	Afternoon Break	Dining Hall
2:15 pm - 3:30 pm	Fourth class	on your schedule
3:30 pm	Silent Auction	Dining Hall
3:30 pm - 3:45 pm	Closing Address	Dining Hall
3:45 pm - 4:00 pm	Silent Auction Results	Dining Hall

## How to Enroll

**1** Choose a first choice class and second choice class in each timeslot (9:00 am, 10:30 am, 12:45 pm and 2:15 pm). We'll do our best to get you into all of your first choices, but classes are first come, first serve, and some of our most popular classes fill up quickly. Please enroll early to avoid disappointment.

**2** Each class has a maximum and minimum number of participants and Girls Inc. reserves the right to change or cancel classes based on enrollment.

**3** Submit your registration form and \$100 payment before March 15th, 2009. We accept credit cards, cash or cheque. Please make cheque payable to: **GIRLS INCORPORATED OF DURHAM**. Credit card orders can also be faxed to us at 905.428.9992. Please be aware that once your payment has been processed, we are unable to offer refunds.

## Directions to Trafalgar Castle

Trafalgar Castle School is located at 401 Reynolds Street, Whitby, ON L1N 3W9

### From Highway 401 (Whitby)

Exit 410, Brock Street (Hwy 12). Go north on Brock Street to Gilbert Street.  
Turn right on Gilbert Street and follow it to the end.  
Please call 416.617.5130 if you need assistance with directions.

**We thank you in advance for your support and look forward to having you join us on this special day!**

## This is YOUR day



Girls Incorporated® of Durham invites you to shake off those winter blahs by heading back to class at beautiful Trafalgar Castle School in Whitby. This is school done the Girls Inc. way: enlightening, interactive, and most importantly, fun!

### Your Girls Day Out includes four fabulous classes:

Choose from a wide variety of courses, everything from martini making to tai chi. Your day can be as high energy or as relaxed as you wish.

*Remember to bring clothing appropriate for the classes you choose.*

### Pilar's Catering

Back by popular demand! Enjoy morning coffee, breakfast treats, a delicious lunch and afternoon pastries.

### Shopping

For those of you who love to shop, our campus store will offer a wide variety of gifts and services to sample and purchase. If you're feeling a bit more competitive, why not place a bid on one of the fantastic items in our silent auction?

*Remember to bring credit cards, cheque or cash for auction item amounts.*



[www.girlsinc-durham.org](http://www.girlsinc-durham.org)

