

## 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)

8th Annual

# Girls Day Out!

play day FUNdraiser for women

March 24, 2012, 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 over 27 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.

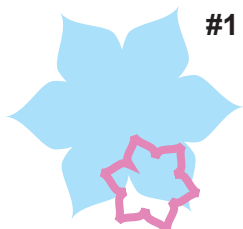
### Girls Incorporated<sup>®</sup> of Durham

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

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

**Note:** Registration limited to 160 people. **Must be 19 or older.**

**For further information, please contact:**

Emma Conner: 905.428.8111 ext. 23 or email: [econner@durham.girls-inc.org](mailto:econner@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.

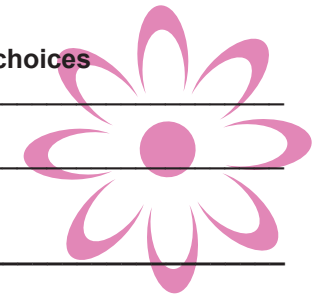
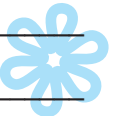
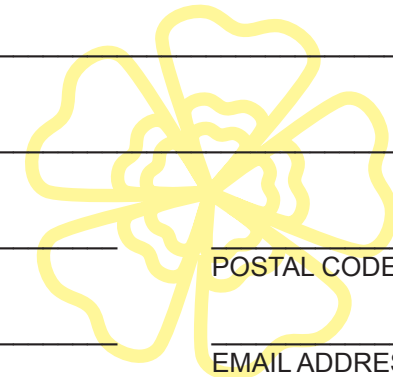
2.

**2:15 pm choices**

1.

2.

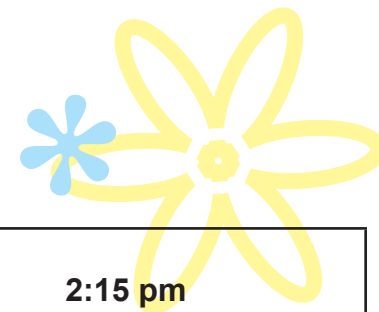
Please note any dietary concerns \_\_\_\_\_





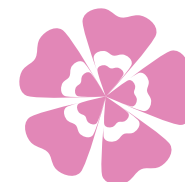
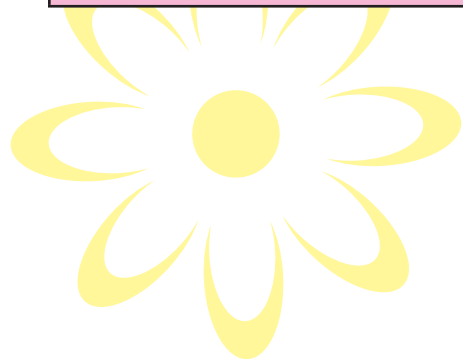
# Design YOUR Day

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>Flower Arranging</b> Become skilled at creating beautiful arrangements to brighten your home.	<b>Feminine Health and Hormones</b> Learn about your body and the power it has.	<b>Cupcake Decorating</b> Make your next cupcake special with these decorating techniques.	<b>Naturopathic Home Remedies</b> Learn all about home remedies that can help you and your family.
	<b>Self Defense</b> Develop skills and confidence to protect yourself.	<b>Mind, Body, Spirit and Allies</b> Discover your inner strength and the tools to live a happy healthy life.	<b>Garden Design</b> How to attract birds and butterflies to your garden.
<b>How to Start Your Business</b> Learn the basic but important steps to starting your own business.	<b>You Are What You Think</b> Enjoy an interactive media awareness seminar and determine actions for change.	<b>Make-Up Artistry</b> Put your best face forward as you learn to enhance your natural beauty.	<b>Get Your Glee On</b> Let your inner Diva Shine! No previous experience needed to learn 4 part harmony.
<b>Yoga</b> Practice flowering yoga that will increase your flexibility and strength.	<b>African Drumming</b> Come and learn this upbeat art form and discover the drummer in you.	<b>African Drumming</b> Come and learn this upbeat art form and discover the drummer in you.	<b>Hypnosis Relaxation / Self Esteem</b> Experience a group hypnosis session that will leave you feeling confident, relaxed and motivated to make positive changes.
<b>Chocolate Making</b> Indulge your sweet tooth as you learn to make chocolate treats.	<b>Improv Workshop</b> Tap into your inner improviser! Sharpen your listening and communication skills while laughing the whole time!	<b>Martini Making</b> Master the art of mixology as you create and sample an array of martinis.	<b>Rum Cocktail Making</b> Have fun with rum. Cocktail making tips and tricks.
<b>Simply Elegant Desserts</b> Quick and easy desserts for the sweet tooth in you.	<b>Platters to Impress</b> Wow your guests with skills to create professional looking platters.	<b>Wine Tasting</b> Develop your appreciation for wines by starting with your basic senses.	<b>Take the Stress Out of Getting Dressed</b> Styling tips that you can apply to your wardrobe right away.
<b>Tai Chi</b> Learn how your mind and 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>Zumba</b> Easy to follow international and Latin inspired dance party!	<b>Salsa Dancing</b> Burn up the dance floor as you learn some hot Latin moves.



## 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 1st, 2012 or \$125 after March 1, 2012. 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 416.473-6162 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)

