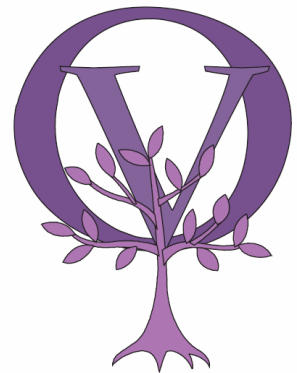


September 2008—June 2009 Program

Ophelia's Voice Registration Package Deadline: August 25, 2008

This package (pages 3—6) can be returned to us by e-mail, regular mail, fax, or in person before or on the deadline date. Please do not hesitate to contact us if you have any questions!

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OPHELIA'S VOICE
YOUTH EMPOWERMENT, LTD.



OPHELIA'S VOICE INFORMATION SHEET

Ophelia's Voice is a non-profit organization, in its third year of operation in Sherwood Park, with a mission to empower girls to take the lead in their community. Ophelia's Voice is a youth-directed organization, which means the programs are organized and facilitated by a high-school aged student with the support of adult mentors.

Our program runs from September 2008 to June 2009 for teenage girls (our age guideline is 12 – 15, but we are flexible, so please contact us to discuss). Girls participate on a “membership” basis, where workshops and activities are ongoing throughout the month with girls having the option to choose which activities they are interested in and work for their schedule.

Our emphasis is on participation and our workshops and activities will include discussions, interactive games, art activities, community volunteering projects, fitness and physical activities, guest speakers, individual reflection, group activities, and leadership opportunities. The topics addressed in our workshops and activities are driven by the girls themselves. We encourage participants to volunteer to co-lead workshops they are interested in and to offer feedback on the workshops and activities. **The emphasis is on leadership – creating discussion about issues that affect the participants and then discussing solutions and ways to make a difference in the community**. This means we will be encouraging girls throughout the year to start thinking of community action projects they would like to plan themselves or in a group that address an issue.

Some topics we might be discussing include: body image and self esteem, the media, healthy sexuality, physical and mental health, dating, bullying and peer pressure, community issues and volunteerism, and violence and safety.

A girl is a good candidate for the program if she has the following qualities:

- Maturity
- An *interest* in helping her community and taking on leadership roles
- Respectful of herself and others
- Willing and excited to participate!

For more information, visit our website at www.opheliasvoice.org or contact the Program Coordinator at joanne@opheliasvoice.org or (780) 819 7035. The registration deadline is **August 25, 2008** and if selected, a **parent and girl orientation, q & a session and open house will be held August 28, 2008 from 7-8:30 pm at the Strathcona County Library Multi-Purpose Room.**

TO BE COMPLETED BY THE GIRL

This information will help us determine if you are a good fit for the program and to learn more about you! (Complete sentences aren't required).

1) What are your hobbies and interests?

2) What is your schedule like during the school year? Are there any school nights that you have other commitments?

3) What 3 words describe you best?

4) If you could do one thing to change the world, what would it be and why?

5) What kinds of leadership activities have you been involved in, if any? (school clubs, Student Council, sports teams, church youth groups, volunteering, etc.)

6) What do you think Ophelia's Voice is about?



TO BE COMPLETED BY THE GIRL

7) What do you want to get out of Ophelia's Voice? (confidence, friends, etc)

8) What can you contribute to Ophelia's Voice? (ideas, enthusiasm, etc)

9) Check off the topics you are **most** interested in discussing (check off as many as you like).

- Body image, self esteem, and confidence
- The importance of media (TV, magazines, music) in girls' lives
- Healthy sexuality and puberty
- Physical health (exercise, nutrition)
- Mental health (stress, depression, dealing with emotions)
- Volunteering
- Peer pressure
- Bullying
- Dating
- World issues (like AIDS, poverty, the environment, sexism, etc)
- How to be a leader in the community and make a difference
- Individuality (expressing yourself, your goals and dreams)
- Violence and safety (Internet safety, self defense, etc)
- Other: _____

10) What do you think are the top 3 most important issues to teen girls?

1. _____
2. _____
3. _____

Please be aware we may contact you if we have any questions!

TO BE COMPLETED BY A PARENT/GUARDIAN

1) Why do you think your daughter is a good fit for the program?

2) Do you feel comfortable and prepared for discussions/questions from your daughter while she participates in the program (i.e. on sexuality)? If no, how can we as an organization support you?

3) Does the participant have any special needs, allergies, medications, or other circumstances that might hinder her participation? Please note refreshments may be served at activities and it is imperative that we know about food allergies or food preferences (vegetarian diet, etc). Please describe.

I agree to allow my daughter to participate in the Ophelia's Voice program should she be selected.

Signature of Parent

Name (Print)

Date

Additional Comments or Concerns:



More information: www.opheliasvoice.org

REGISTRATION INFORMATION

Participant Name: _____
Parent/Guardian(s): _____
Age: ____ Birthdate: ____/____/____ (DD, MM, YY)
School: _____ Grade (in Sept 08): _____
Address: _____

City: _____ Postal Code: _____
Phone Number (evening): _____
Participant Email (if applicable): _____
Parent Email: _____
What is the easiest way to reach your family? _____

Media release forms, waivers, and emergency contact information will be collected upon confirmation (dependent on space).

IMPORTANT INFORMATION

- Participants are not guaranteed a spot in the program and their participation is dependent on space and their suitability. **You will receive a confirmation call if there is a space available for you. Please note the orientation evening for girls and parents (if selected) is August 28, 2008 from 7—8:30 pm at the Strathcona County Library Multipurpose Room. Please plan on attending if you receive a confirmation call.**
- Our participation fee for September – June is **\$200.00**. Each month there will be a minimum of 2 activities for girls to participate. This fee helps to cover facility rental, refreshments, guest speakers, and art supplies. This fee can be applied on a sliding scale or waived if necessary and please speak with us if you have any concerns so we can accommodate you. We do not want financial situation to be a barrier for participation. After you receive a confirmation call we will make payment arrangements with you.
- As an organization we make every effort to ensure the space is safe and comfortable for all participants. All workshops and activities will be supervised by responsible and qualified adult volunteers. **Should there be discipline problems that significantly hinder the participation of others, we have the right to remove the participant from the program.**

THANK YOU!