

GIRLS INC. LIMESTONE  
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## GENERAL MEMBERSHIP APPLICATION

Girls Incorporated of Limestone, Algonquin and Lakeshore provides programs, workshops, information, and individual and family support for girls and young women between the ages of 5 and 21. Founded as Big Sisters of Kingston in 1972, we have 35 years of experience supporting girls and their families.

Our programs are designed for ALL girls, and are delivered in an age-appropriate manner. We provide workshops that are prevention-based, such as leadership camp and self-defense workshops, assistance for families such as Mother and Daughter communication workshops, and intervention-based programs for girls experiencing problems such as low self-esteem, violence issues, or peer-pressure issues. All programs and workshops are provided to girls free of charge, as they are funded by special grants and our agency's fundraising activities.

We have recently introduced a membership category that allows us to better keep in touch with girls and their families. Through our bi-monthly newsletter we will keep your family posted on activities and workshops being delivered by Girls Inc. Limestone, as well as other events in the community that may be of interest to your daughter.

In addition to these programs, we continue to provide the high-quality mentoring programs that we became renowned for, which are designed for girls from 8 to 16 who have more complex needs, and would benefit from long-term support.

Registration and participation in Girls Inc. is free and simple. When you receive our bulletins or newsletters, just call our office to register for a specific activity, or find out more about any opportunity that you may be interested in.

You should also know that registration with Girls Inc. Limestone is SAFE. Our database is maintained on-site and can only be accessed by Girls Inc. Limestone staff, who undergo annual police clearance and sign confidentiality contracts with the agency. In addition, we never share your contact information with anyone, ever.

***If you have any questions about registering your daughter for our general membership, please don't hesitate to call our office and speak to a staff member.***

***Welcome to the Girls Inc. Family!***

**girls  
inc.®**

inspiring all girls to be  
strong, smart and bold

GIRLS INCORPORATED®  
OF LIMESTONE, ALGONQUIN AND LAKESHORE  
(FORMERLY BIG SISTERS OF KINGSTON)  
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## Girls Inc. General Membership Form

Girl's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name of Parent/Guardian(s): \_\_\_\_\_

Relationship to Child: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

### PARENTAL CONSENT:

As the parent/guardian of the above-named child, I authorize Girls Inc. Limestone to send agency newsletters to my daughter which contain program and special event opportunities, and information pertinent to girls.

I understand that any telephone contact about upcoming program or community opportunities such as camps, workshops or free movie tickets will be directed to me, her guardian.

I also understand that should we choose to register my daughter for specific programs such as day camps or workshops, I will need to complete an event-specific consent form.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

*To help us serve you better, please take a moment to complete the questions on the back of this form.*

*Please remember to contact our office with your new address if your family moves!*

### FOR OFFICE USE ONLY

Membership Number: \_\_\_\_\_ Reg. Date: \_\_\_\_\_ New  Existing Client

Completion of the following questionnaire is **optional**. It is however, an opportunity for you to tailor your daughter's membership to best meet her needs at the present time.

- I am interested in only signing up for general membership at this time.
- I would like to talk to a Girls Inc. staff member about signing my daughter up for Girls Inc. ONE-to-one mentoring programs.
- I would like Girls Inc. staff to contact me, as I would like information on the following (please check the relevant topics):

- \_\_\_\_\_ Puberty and Growing Up
- \_\_\_\_\_ Nutrition and Healthy Eating
- \_\_\_\_\_ Maintaining an Active Lifestyle
- \_\_\_\_\_ Increasing Self-Esteem
- \_\_\_\_\_ Self Defense and Personal Safety
- \_\_\_\_\_ Peer Pressure
- \_\_\_\_\_ Addictions Issues
- \_\_\_\_\_ Child Abuse Prevention and Intervention
- \_\_\_\_\_ Bullying
- \_\_\_\_\_ Dating Violence
- \_\_\_\_\_ Sexuality and Pregnancy Prevention
- \_\_\_\_\_ Career and Career Planning
- \_\_\_\_\_ Family Relationships and Communications
- \_\_\_\_\_ Separation and Divorce Issues
- \_\_\_\_\_ Other (please list) \_\_\_\_\_

Please provide any additional comments or requests:

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*Please remember that all information collected about your daughter and your family is held in the strictest confidence. For more information on our Privacy Policy, please visit our website at [www.girlsinclimestone.ca](http://www.girlsinclimestone.ca), and follow the "Member Resources" link to view our Privacy Policy.*