



EMPOWERMENT WORKSHOP

@ YWRC: 818 5TH AVE. DES MOINES

5 - 7TH GRADERS
TUESDAY, MARCH 15
NOON - 4 P.M.

8 - 12TH GRADERS
WEDNESDAY, MARCH 16
NOON - 4 P.M.

**FREE EVENT. LUNCH AND
TRANSPORTATION PROVIDED.**

JOIN US FOR ART PROJECTS, CREATIVE
MOVEMENT, AND POSITIVE VIBES.

SPACE IS LIMITED. REGISTER BY MARCH 4.

YOUNG WOMEN'S
RESOURCE CENTER





818 5th Avenue • Des Moines, IA 50309
P 515.244.4901 F 515.243.5073
ywrc@ywrc.org • www.ywrc.org

2022 Empowerment Workshop

Lunch will be provided for participants attending the Empowerment Workshop.

Registration Information:

- Registration is **due by March 4th**.
- Registrations are accepted on a first come, first serve basis. We do have a limited capacity for the event and will enroll participants as we receive their registration forms.
- **Please fill out the attached registration form and return to a group facilitator, fax to our office at 515-243-5073, send a scanned copy to ywrc@ywrc.org, or deliver to our office at 818 5th avenue, Des Moines, IA, 50309**
- Staff at the Young Women's Resource Center will be making confirmation and reminder calls the week prior to the event.
- If at any point, your plans to attend the Empowerment Workshop change, please call the YWRC at 515.244.4901.

Van Transportation:

- Please be sure to **mark 'yes' or 'no'** as to whether or not your participant needs a ride to and/or from the event. Transportation is provided for those within a seven-mile radius of the YWRC.
- If pick up and drop off locations are different, please note that on the form.
- Young Women's Resource Center staff and volunteers will transport participants.
- If there are special instructions regarding transportation (i.e. buildings or driveways not properly marked) please call the YWRC at 515.244.4901

COVID Guidelines:

The YWRC is committed to the safety and well-being of our participants, community, volunteers, and staff. We appreciate your cooperation with these guidelines so we may have a safe event and support the wellbeing of our community.

- Masks or face shields covering the mouth and nose must be worn by all participants during Empowerment Workshop. The only exception is when participants are actively eating lunch, at which point they can remove the mask/face shield and will be spaced from others.
- Participants will be part of a group of ten and rotate through workshops together to ensure safe distancing.
- Workshop spaces will be cleaned and sanitized between groups.
- If the participant is exhibiting symptoms of a cold, flu, or COVID, **please do not attend** and contact us to let us know you will not be attending. If a participant attends and is exhibiting symptoms of a cold, flu, or COVID, they will be sent home.

More information:

The YWRC hosts events and groups throughout the year. If you are interested in getting involved or learning more about what we do, please call us at 515.244.4901 or visit our website at www.ywrc.org.



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Participant's Name _____ Grade _____
Birthday _____ School _____
Caregiver's Name _____
Caregiver's Contact Phone _____ Caregiver's E-mail _____
Address _____ City _____ State _____ Zip Code _____
Emergency Contact (name & number) _____
Participant Allergies _____

Does the participant need a ride to the YWRC for the event? (Within a 7-mile radius of the center)

Yes _____ No _____ Pick up address: _____

Does the participant need a ride home from the event? (Within a 7-mile radius of the center)

Yes _____ No _____ Same as 'Pick up address" _____ **OR** New Drop off address: _____

I give my child permission to attend the Young Women's Resource Center's (YWRC) Empowerment Workshop and allow my child to be transported by the YWRC staff/volunteers.

I understand that the YWRC is not responsible for any stolen or lost personal belongings.

In the event of accident, injury or sudden illness and I cannot be reached, I give my consent for the YWRC staff to secure proper medical treatment. I agree to be responsible for all medical expenses. I assume all responsibility for any accidents or injuries that may occur and release the facilitators and YWRC employees of all liability. In case of accident, injury or sudden illness and I cannot be reached, I request that necessary medical care be instituted.

I give permission to the YWRC to use any photographs or videos taken of my child while participating in the empowerment workshop to use for promotional activities. Yes _____ No _____

Staff from the YWRC may contact you or your student for follow up through her high school graduation. If you do **not** wish for us to do so, please check here _____.

Caregiver's signature _____ Date _____