

9:00am-12:30pm

Para Sport with Abilities Centre Ottawa (AY Jackson Secondary School)

Para sports are not only challenging, unique, and inclusive...they are a great learning vehicle for your students. Would you like to learn how to create inclusive learning environments for your students, discuss challenges and successes and have the opportunity to try some different para sports? Would you like to learn how you could offer a para sport opportunity for your classes? We've got a great workshop for you.

The Abilities Centre Ottawa is hosting our first ever OCDSB Para Sport Education Workshop at AY Jackson SS (150 Abbeyhill Dr. - Kanata). Learn how you can create a more inclusive environment in your school/classroom from Emily Glossop, the Executive Director of Abilities Centre Ottawa. Through active participation and instruction, you will learn about various para sports, have the opportunity to try some equipment, meet a few local athletes, and get creative about incorporating inclusive participation and para sport into your phys. ed. program.

Snacks provided and draw prizes awarded at the end of the day. Join us for this exciting workshop opportunity!



[Emily Glossop - Abilities Centre Ottawa - Executive Director](#)

Emily Glossop dedicated almost 20 years of her career to the Ottawa Children's Treatment Centre and CHEO working as a Recreation Therapist with children and youth with multiple physical, developmental and associated behavioral needs.

She is a former member of the Canadian Para-Alpine Ski Team serving as guide skier to one of Canada's top vision-impaired skiers, (Retired) with over 10 National and International podium finishes.. She is also a motivational speaker, giving talks locally, nationally and internationally on the importance of physical activity for all, overcoming obstacles and following your dreams.

She is a Certified Mixed Ability Sport Coach as well as a facilitator for LEAD Canada (Leading Equitable and Accessible Delivery) and provides Disability Inclusion and Para Sport Education Workshops which help support her goal of increasing community capacity and advocating for inclusion and accessibility.

Emily is the recipient of the Order of Ottawa, Paul Harris Fellow Award and the Growing Up Great Award for Stable and Nurturing Relationships. and in 2018, in celebration of International Women's Day, Emily was recognized by CHEO as one of their #SHEOs in celebration of her achievements as a Recreation Therapist and the inspiration she brings to others. In January, Emily and her husband, Todd Nicholson, will be awarded the Mayor's Cup Award which is a lifetime achievement award with the Ottawa Sport Awards.

As a social entrepreneur, Emily is the co-founder and current Executive Director of Abilities Ottawa, a charitable organization that educates and advocates for inclusion, accessibility and equal access for all.