



2019 Workshop dates
October 12, 8:00am – 5:00pm
October 13, 9:30am-3pm
Ponderosa Family Resource Center
320 E. Orangewood Avenue, Anaheim, CA 92802

Return your application:
 Angie Gomez
 agomez@anaheim.net
 200 S. Anaheim Blvd, #433
 Anaheim, CA 92805
 www.inspiration4girls.org

GETTING INSPIRED – 4GIRLS Application

4GIRLS Organization does not discriminate on the basis of race, creed, national origin, ethnicity or religion, disability or sexual orientation in the administration of its admission to the 4GIRLS Workshop. Girls who have not participated in past 4GIRLS workshops will be given priority over past attendees.

Applications are due September 20, 2019

Referred by: (To be completed by school official or other person referring to workshop)

Name: _____
 Title: _____
 School: _____
 Phone Number: (____) ____ - _____
 Date: _____
 Any special accommodations for the girl re: physical and emotional needs? (Please explain)

Participant Information

(Please complete entire application.)

What is your shirt size? (Circle one below) Small Medium Large Extra Large
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First Name: _____ Last Name: _____
 School: _____ Grade: _____ Age: _____
 Primary Language: _____ Primary language spoken at home: _____
 Home Address: _____
 City: _____ State: _____ Zip Code: _____
 Home Phone: (____) ____ - _____ Cell: (____) ____ - _____ Email: _____

Parent or Guardian Information

Name(s): _____
 Relationship: _____
 Home address (if different): _____
 City: _____ State: _____ Zip Code: _____
 Home Phone: (____) ____ - _____ Cell: (____) ____ - _____ Email: _____

Please note that the workshop is conducted in English.

Emergency Contact Information

Names(s): _____
 Relationship: _____
 Phone: (____) ____ - _____
 Doctor's Name: _____ Phone: (____) ____ - _____

Signature of parent or guardian: _____ Date: _____
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Please answer each question honestly and completely

1. Who lives in your home with you? _____

2. What is your favorite band/song? _____

3. What do you LOVE most about yourself (go ahead and brag)? _____

4. What is the biggest CHALLENGE you're facing right now? _____

5. What ACTIVITIES do you participate in outside of school? _____

6. For you, what is the most EXCITING thing about going to high school?

7. What WORRIES you about going to high school? _____

8. Who do you ADMIRE most in your life right now? _____ Why do you admire this person? _____

9. What is one DREAM you have for yourself? _____

10. Please tell us ONE WORD that describes you _____

11. Tell us WHY you should be selected for the 4GIRLS Workshop? (Use additional paper if needed.) _____

12. Have you attended a 4GIRLS workshop in the past? Yes or No. If yes, what did you learn and how have you applied it to your life?
