

# ALA Newsletter

September

2016

## Special Visit from the Embassy of Canada

The Canadian Ambassador, Deborah Chatsis, honored us visiting the residence of La Alianza and having a brief chat with our National Director. She also delivered a donation of hygienic supplies for the girls, which was collected by the Canadian Embassy Staff. We are thankful for such a noble gesture.



## Horse Assisted Therapy -Closing event-

The use of horses for therapeutic purposes is becoming more common as the many beneficial effects that have been detected through the bond between humans and animals. Thanks to the alliance between ALA and Dos Corazones, a specialized institution on animal assisted therapies, six girls from Ala were benefited during 6 months of weekly sessions, and on September 7<sup>th</sup>, the closing ceremony of the horse therapy course took place at the Dos Corazones premises.



## Visit from Colgate-Palmolive

Thanks to the arrangements of the Embassy of Canada, we received a visit from representatives of Colgate-Palmolive, with the purpose of showing the girls the correct use of the toothbrush, and other tools for a better oral hygiene. They also delivered us a generous donation of hygienic supplies and cleaning products.



### Soccer matches at Coban and Zacapa

Every week, the girls continue their soccer training at FUTECA. With the purpose of giving them the chance of practicing their skills two soccer matches were organized, one at Coban and one at Zacapa. The girls enjoyed the sports activity as much as having the chance to get to know new places, like they did in Zacapa, visiting the Museum at Estanzuela.



### Independence Festivities

Different activities were carried out to commemorate and celebrate Guatemalan Independence, such as folkloric dances, election of Miss Independence and decorations of social areas of the residence with allusive themes.



### Gymnastics

A Competition on gymnastics is carried out every year at ALA, on the lead of the enthusiastic sports teacher. The girls organized two teams and rehearsed their routines during several days. They chose the music for their routines and handcrafted parts of their distinctive uniforms. On September 27, ALA's staff attended to their performance. It was a beautiful event where the hard work and effort of the girls was shown.

