



## KIDS EMPOWERED

PHONE: 248-593-9911 EMAIL: [info@girlsempowered.com](mailto:info@girlsempowered.com)

WEBSITE: [www.girlsempowered.com](http://www.girlsempowered.com) & [www.kidsempowered.com](http://www.kidsempowered.com)

### 2007 GIRLS & BOYS NITES OUT

#### September 28, 2007 MOTHER/DAUGHTER GIRLS NITE OUT---- BE HAPPY WITH YOURSELF

**NOW!** This evening is all about moms and daughters bonding and having fun together while learning how to build confidence and self-esteem. Many women finally realize they can be themselves and be happy with who they are much later in life. Let's give our girls the gift of being happy with themselves now! The evening includes a relaxing and powerful yoga session and snack! Bring yoga mat. Craft included.

Mothers with Girls Ages 6-8: & Mothers with Girls Ages 9-11:

FRIDAY 9/28 Time: 6:00-9:00pm \$25 per pair; \$15 per additional girl

Location: The Community House, 380 South Bates Street, Birmingham, MI 48009 248-644-5832

To register: 248-644-5832 On-line: [www.communityhouse.com](http://www.communityhouse.com)

#### October 5, 2007 Boys Nite Out- Going Back to School Confidently &

**Girls Nite Out- Going Back to School Confident!** The beliefs we have about ourselves, our self-talk and the comments we make about ourselves all have an impact on whether we have a positive or negative experience at school. Kids will learn about how to talk, think, and act confidently.

6:00-9:00 includes Back to School Workshop, Club Challenge, Fitness Activities

Evening program only: 6:00pm-9:00pm \$20 Overnight program: 9:00pm-7:00am \$15 Together: \$35

Registration starts at 5:30 Program starts at 6:00pm, includes snack

Overnight program include swimming, movie, snack and breakfast

Boys ages 6-9 yrs and 10-12 years meets at Club Challenge

Girls ages 6-9 yrs and 10-12 years meets at Kids Club Gym

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

To register: Franklin Athletic Club 248-352-5437 [www.franklinclub.com](http://www.franklinclub.com)

#### October 12, 2007 Girls Nite Out for Scouts- THE POWER OF WORDS

Each Scout group will learn about how words can build people up or tear people down including themselves! Teasing, Name calling, gossip, and self-talk will be covered. Girls will make The Power of Words Kit, do yoga, and play Mean Word Basketball.

Girls grouped by level- Daisies, Brownies, and Jr. Girl Scouts. Optional: Troop Leaders can stay

6:00-9:00 includes The Power of Words workshop, Club Challenge, Fitness Activities

Evening program only: 6:00pm-9:00pm \$20 Overnight program: 9:00pm-7:00am \$15 Together: \$35

Registration starts at 5:30 Program starts at 6:00pm, includes a snack

Overnight program include swimming, movie, snack and breakfast

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### October 19, 2007 BOYS NITE OUT

Boys ages 6-9 will learn how to deal with mean kid behavior and deal with everyday sticky peer issues. A fun evening that will include fitness games, role playing and interactive discussion

Boys 6-9 years old \$25 142500C

Location: Troy Community Center, 3179 Livernois, Troy MI 48083

To register: Troy Community Center 248-524-3484

### October 19, 2007 MOTHER/DAUGHTER NITE OUT

This evening is all about moms and daughters bonding and working together to empower their girls. The evening includes a relaxing and powerful yoga session and snack!

1783-01 Girls 6-8: Be Happy with yourself & Yoga

Moms and girls will have fun together learning how to build confidence and self-esteem and be comfortable and happy with whom they are. Girls will paint a plaster smiley face.

1784-01 Girls 9-11 Dealing with Mean Girls & Yoga

Moms and daughters will learn how to deal with mean girl behavior and communicate in an assertive way.

1793-01 Girls 12-14 Mother/Daughter Communication

Moms and daughters will learn how to strengthen their relationship and communication with each other

Friday, October 19, 2007 6:00pm-9:00pm

\$25 per girl and dad (\$15 per additional sibling)

Location: McGregor Elementary, 1101 W First Street, Rochester Hills, MI 4830 (Gym)

To register: Rochester Community Education at 248-726-3165 or Rah Rah at 248-656-8308



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### October 26, 2007 BOYS NITE OUT Now What? Social Skills for Problem Solving

Boys will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action and working through sticky situations with peers. Includes Club Challenge and fitness activities. Registration starts at 5:30, includes a snack

Boys are grouped by ages 6-7, 8-9, 10-11

Evening program only: 6:00pm-9:00pm \$20 Overnight program: 9:00pm-7:00am \$15 Together: \$35

Overnight program includes swimming, movie, snack & breakfast

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034 248-352-5437

### October 26, 2007 GIRLS NITE OUT - SAVE DARFUR NITE

The POWER OF A GIRL is to change the world. This evening is all about girls coming together for a powerful evening where girls will find purpose in their life and their own personal power to have impact in their world. Craft and dance included! Registration starts at 5:30, includes a snack.

6:00-9:00 \$20 per girl 100% of proceeds go to [www.michigandarfurcoalition.org](http://www.michigandarfurcoalition.org)

Parents are invited to a presentation about Darfur from 6:30-8:00.

Girls grouped by age: 6-8, 9-11 and middle school girls Great Community Service project for Scouts!

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

To register: call Girls Empowered 248-593-9911 [www.girlsempowered.com](http://www.girlsempowered.com)

### November 2, 2007 GIRLS NITE OUT FOR SCOUTS

A fun evening for scouts to work toward their badges. A patch and a snack are included. Troop leaders are welcome to stay. There is a parent demonstration the last 15 minutes!

**Daisies:** Hip Hop and Friend or Foe. A craft is included. Girls will learn how true friends treat each other and the things that you don't do when being a true friend. They will make two kits to represent the positive friendship skills and negative friendship behaviors.

**Brownies I:** Hip Hop and Friend or Foe. A craft is included. See description above.

**Brownies II:** Yoga and Civilized Assertiveness. Girls learn about confidence, body language, and how to communicate assertively while being true to themselves and not being mean.

**Junior Girl Scouts:** Yoga and The Power of Words. Girls learn about how words can be used to build someone up or to tear them down. They will make a kit to represent the impact that words can have on others and themselves.

Friday, November 2, 2007 6:00pm-9:00pm Activity #: 2205-01 Location: Bloomfield Hills Middle School 4200 West Quarton Road, Bloomfield Hills, MI 48302 248-433-0885 or [www.bloomfieldrec.org](http://www.bloomfieldrec.org)



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### November 2, 2007 BOYS NITE OUT -SOCIAL SKILLS

Boys will have FUN rock climbing, doing the Club Challenge Inflatable Course and playing games. All night boys will be on the move as they are learning the Social Skills of communication.

Boys are grouped by ages 6-7, 8-9, 10-11

Evening program only: 6:00pm-9:00pm \$20 Overnight program: 9:00pm-7:00am \$15 Together: \$35

Registration starts at 5:30 Program starts at 6:00pm , includes a snack,  
Overnight program include swimming, movie, snack and breakfast

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034 Meet at Kids Club

To register: Franklin Athletic Club 248-352-5437 [www.franklinclub.com](http://www.franklinclub.com)

### NOVEMBER 9, 2007 DADDY/DAUGHTER NITE OUT

Dads and girls will have fun together learning how to build confidence and self-esteem and for girls to be comfortable and happy with whom they are. Girls and Dads will make a piñata that represents girls being true to themselves. Together they will play fitness games! Snack included.

Friday, November 9, 2007 6:00pm-9:00pm

1799-01 \$25 per girl and dad (\$15 per additional sibling)

Location: McGregor Elementary, 1101 W First Street, Rochester Hills, MI 4830 (Gym)

To register: Rochester Community Education at 248-726-3165 or Rah Rah at 248-656-8308

### NOVEMBER 9, 2007 MOTHER/DAUGHTER GIRLS NITE OUT

This evening is all about moms and daughters bonding and working together to empower their girls.

Moms and girls do a workshop together and then girls go to a fun hip hop session while moms learn about empowering their daughters. Craft included!

142500A Girls ages 6-9 yrs and moms

142500B Girls ages 9-11 yrs and moms

Friday, November 9, 2007 6:00pm-9:00pm

\$25 per girl and mom (\$15 additional daughter)

Location: Troy Community Center, 3179 Livernois, Troy MI 48083

To register: Troy Community Center 248-524-3484



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### November 30, 2007 GIRLS NITE OUT FOR SCOUTS

A fun evening for Scouts to work toward their badges. A patch and snack are included. Troop leaders are welcome to stay. There is a Parent Demonstration the last 15 minutes!

1645-01 Daisies: Hip Hop and Be Yourself Workshop Craft included Girls will learn about positive thoughts and words, how to build themselves up and being happy with who they are.

1646-01 Brownie I: Hip Hop and Friend or Foe workshop Craft included Girls will learn how true friends treat each other and the things you don't do when being a true friend. They will make two kits to represent the positive friendship skills and negative friendship behaviors.

1647-01 Brownie II: Yoga and Dealing with Peer Conflict Craft included Girls will learn about communication styles, how to stand up for yourself and others. Girls will make a How to Handle Conflict Kit.

1648-01 Jr. Girl Scouts: Yoga and Dealing with Mean Girls Girls will learn the Pick Your Stick workshop and how they have a choice in the different roles they choose to respond to situations (standing up for yourself, being mean back, letting someone walk all over you, or being a bystander)

Friday, November 30 6:00 pm-9:00 pm Please arrive 15-30 minutes before start time & register in Rm 24.

Location: McGregor Elementary, 1101 W First Street, Rochester Hills, MI 4830

To register: Rochester Community Education at 248-726-3165 or Rah Rah at 248-656-8308

### December 1, 2007 BOYS DAY OUT NOW WHAT? SOCIAL SKILLS FOR PROBLEM SOLVING

Boys will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action & work through sticky situations with peers. Parents will be provided with a 4 step process for guiding their kids to solve problems developed by the **Love and Logic Institute**. Craft and fitness games included. Please bring a snack. Saturday, December 1 \$25

3048-01 Ages 6-8 and 3048-2 Ages 9-11 11 9:00am-12:00pm \$25/\$30

Location: Berkshire Middle School, Cafeteria 21707 W 14 Mile Road, Beverly Hills, MI 48025

To register: Birmingham Community Education 248-203-3800 [www.communityed.net](http://www.communityed.net)

### December 14, 2007 WE ARE FAMILY NITE! PARENTS INVITED ALSO!

Sibling rivalry and teasing can be just as damaging to a child's self-esteem as mean behavior from peers. Kids and Parents separately will learn how to handle sibling conflict, problem solve, and communicate to their siblings in a way that is not damaging. Girls and Boys ages 6-14 years old

6:00-8:00 Kids workshop \$20 for two siblings (\$10 per addtl sibling) Parent workshop \$15 (one or both)

8:00-9:00 Entire family picks a fitness activity: Yoga, fitness games, basketball or Club Challenge

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

To register: Franklin Athletic Club 248-352-5437 [www.franklinclub.com](http://www.franklinclub.com)