

March 12-14, 2010
Mother-Daughter Retreat
Camp Hawthorn



This retreat weekend
includes 3 Girls Empowered
Workshops

Girl Scouts of Southeastern Michigan and Girls Empowered are pleased to present you with a fabulous mother-daughter retreat weekend March 12-14, 2010 at Camp Hawthorn Hollow, located in St. Clair County, Michigan.

Mother and daughter will enjoy modern facilities, hot and fresh meals, and programming that is sure to bring you together for a memorable, life-changing weekend!

Elementary School Girls

Dealing with Bullies and Meanies! Moms & Girls

Kids and parents learn strategies together to deal with mean-spirited and bullying behaviors like teasing, exclusion, ignoring, gossip, and unhealthy friendships. Parents learn strategies to help their children minimize the social pain that sometimes can be caused by peers. Parents and children will learn: how to identify bullying and mean behavior; the different role kids play in social situations; and strategies for how to deal with meanness and stand up for yourself and others and still be yourself.

Moms Only

Moms will learn how to create an environment in which to build confidence, self-esteem and resiliency. Moms will learn how to help their daughter deal with mean-spirited behavior, be assertive, and set boundaries, and live an empowered authentic life!

FRIEND OR FOE - Girls Only

This workshop is all about the "Do's" and "Don'ts" of friendship. The girls will make a Friend or Foe Kit to represent the "do's and don'ts" and learn how true friends treat each other and how to be a consistent friend.

Middle School Girls

Assertiveness Training Boot Camp Moms & Girls

Moms and girls will learn how to be assertive using their voice, body language and words.

Many women and girls are passive or passive aggressive and often get walked all over. They become people pleasers and use relational aggression as a way of dealing with hurt feelings and anger because they avoid conflict. In the process of avoiding being people pleasers they lose themselves. Our girls need to know how to use their voice not only to protect themselves from unhealthy relationships but also how to negotiate, deal with conflict, and manage successfully in life and be happy with themselves. Workshop will include role playing and interactive activities.

CREATE A DREAM PILLOW: Girls Only

Girls learn about living an authentic life and why self-esteem and confidence are necessary to go after the dreams you have for your life. Girls make a heart stuffed pillow.

Moms Only

Moms will learn how to create an environment in which to build confidence, self-esteem and resiliency. Moms will learn how to help their daughter deal with mean-spirited behavior, be assertive, set boundaries, and live an empowered authentic life!

Mother-Daughter Retreat Camp Hawthorn Event Fees

Three meals on Saturday as well as a Sunday continental breakfast are included. The Cost* for Mother/daughter pair: \$160.00. \$75 for each additional female sibling.

*Girl Scout members may register for \$130 per pair; add \$60 for each additional female sibling.

Girls Empowered workshops and programs will be tailored to the K-5 and 6-8 Grade levels and housing will be provided by grades K-1, 2-3, 4-5, 6-8. A multi-age sibling lodge will be provided as well.

Add-On Camp Activities:\$5 per person

Additional Activities (select up to 2):

K-5 and Mothers:

- Yoga
- Creative Writing Craft Techniques
- Scented Jar Candles

6-8 and Mothers:

- Hand Drumming,
- Craft: Leather-bound Journal Kit
- Hand Massage and Stress Reduction

Registrations will be accepted until February 26th, 2010. See backside for Registration Form.



Girl Scouts of Southeastern Michigan – Camp Hawthorn Hollow
GIRLS EMPOWERED MOTHER/DAUGHTER WEEKEND
REGISTRATION FORM

(Please Print in Ink)

Today's date:	Make checks payable to "Girl Scouts of Southeastern Michigan"
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PARTICIPANT INFORMATION

Mother's name:	
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Name of girl:	Name of girl:	Phone:	Alternate Phone:
Age:	Age:	()	()
Grade:	Grade:		

Street address:	City, Zip	Email:
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Event Fees: Mother/daughter pair: \$160.00 Additional sibling: \$75 Add-On Camp Activities: \$5 per person	Additional Activities (select up to 2): <table style="width:100%"> <tr> <td style="width:50%"><u>K-5 and Mothers:</u></td> <td style="width:50%"><u>6-8 and Mothers:</u></td> </tr> <tr> <td><input type="checkbox"/> Yoga</td> <td><input type="checkbox"/> Hand Drumming</td> </tr> <tr> <td><input type="checkbox"/> Craft: Scented Jar Candles</td> <td><input type="checkbox"/> Craft: Leather-bound Journal Kit</td> </tr> <tr> <td><input type="checkbox"/> Creative Writing</td> <td><input type="checkbox"/> Hand Massage and Stress Reduction Techniques</td> </tr> </table>	<u>K-5 and Mothers:</u>	<u>6-8 and Mothers:</u>	<input type="checkbox"/> Yoga	<input type="checkbox"/> Hand Drumming	<input type="checkbox"/> Craft: Scented Jar Candles	<input type="checkbox"/> Craft: Leather-bound Journal Kit	<input type="checkbox"/> Creative Writing	<input type="checkbox"/> Hand Massage and Stress Reduction Techniques	TOTAL Amount Enclosed: \$
<u>K-5 and Mothers:</u>	<u>6-8 and Mothers:</u>									
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<input type="checkbox"/> Craft: Scented Jar Candles	<input type="checkbox"/> Craft: Leather-bound Journal Kit									
<input type="checkbox"/> Creative Writing	<input type="checkbox"/> Hand Massage and Stress Reduction Techniques									

So that we may best accommodate our participants' please list any special needs or considerations:

Method of Payment (please check one box):	<input type="checkbox"/> Cash, In Person	<input type="checkbox"/> Check Enclosed	<input type="checkbox"/> Credit Card (see below)
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<input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> Discover <input type="checkbox"/> American Express	Card Number: _____/_____/_____/_____ Expires: ____/____	Cardholder Name (print): _____ Cardholder Signature: _____
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Please tell us how you found out about this event: E-Newsletter Website Mailing Flyer Friend Girls Empowered

IN CASE OF EMERGENCY

Emergency Contact Name:	Relationship to participant:	Home phone:	Alternate phone:
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The undersigned agrees to defend, indemnify and hold the Girl Scouts of Southeastern Michigan and its agents, servants, officers, directors and employees from any and all claims of every kind or nature and from all suits, actions or proceedings which may be asserted or brought by or on behalf of any individual or entity. This provision shall bind and inure to the benefit of the representatives, successors and assigns of the parties hereto.

I have read this form (or have had it read to me) and I certify that I understand its contents. I give permission for me and my daughter to be photographed and for the photo(s) to be used to promote council activities, or by other youth serving agencies for publication.

_____	_____
<i>Patient/Guardian signature</i>	<i>Date</i>

Return Registration Form and Fee to Camp Registrar:
 Detroit Service Center
 500 Fisher Building
 3011 West Grand Blvd. Detroit, MI 48202

Questions?
 Please Contact Jenny Fehn, Camp Director
 P: (810) 367-3318 x201
www.gssem.org
 E-mail: jfehn@gssem.org