

KIDS EMPOWERED

2012 Schedule

*****New workshops**Dates are not in order!*****Some new locations!**

A Parent's Toolbox : Building Socially & Emotionally Intelligent, Resilient & Confident Children

Session 1—January 10, 2012

The Building Blocks of Social & Emotional Intelligence

Learn over 30 ways to create an environment for your child that builds confidence, self-worth and personal power. Learn ways to be your child's guide through sticky situations while helping them build healthy friendships and relationships with other kids, take opportunities, and build a positive internal belief system. Parenting styles and specific things to do with children to empower them will be included.

Session 2—January 17, 2012

Stop the Meanness! Spread the Kindness!

Help your child learn how to handle relational aggression, conflict and bullying. We will cover social roles, teasing, mean kid behavior, gossip, exclusion and strategies to handle these issues.

Session 3—January 24, 2012

Assertiveness Boot Camp

Being assertive is a life skill every kid needs to have to: deal with bullies, negotiate, handle conflict, set boundaries, be taken seriously and get their needs met. Parents will learn about the different communication styles and how to help their children be assertive in their words, voice and body language through role-playing and interactions.

Session 4—January 31, 2012

Sibling Teasing, Conflict & Sibling Bullying

Teasing and bullying can cause more harm than the teasing kid or bully at school. Don't know what to do about sibling conflict? Learn strategies for setting boundaries for your kids to minimize sibling rivalry, conflict & meanness. Learn how to support each child to help them become happy, confident and empowered children!

Register Now!

Program Information

www.girlsempowered.com Kids Empowered Coaching and Counseling Center www.boysempowered.com

P: 248.757.0912 Email: info@kidsempowered.com

One-on-One Coaching& Counseling Assemblies Scout workshops Parenting workshops Professional Development

4 sessions: January 10, 17, 24, 31 10:00am—11:30am

Sign up in advance for all 4 sessions for \$50 or individual sessions for \$15. \$20 per session at the door

Sign up for one or all 4!

Program is for parents of elementary age boys and girls!

Location: Baldwin Public Library , 300 W. Merrill Birmingham

Register @ www.bbfaprevention.com

Assertiveness Boot Camp Parent/Child workshop

Being assertive is a life skill every kid needs to have in dealing with bullies, unfriendly friends, in negotiating, handling conflict, setting boundaries, to be taken seriously, and getting their needs met. Kids and parents will learn and practice being assertive in their words, voice, and body language through role-playing and a craft. This workshop will help all kids no matter what their confidence level is including kids who may be too aggressive in how they communicate to those who don't use their voice at all.

Girls 6-8 and parents	1:00-2:30
Girls 9-11 and parents	2:30-4:00
Boys 6-8 and parents	4:00-5:30
Boys 9-11 and parents	5:30-7:00

Sunday, January 22, 2012 1 1/2 hours \$25 Register: www.itpr.org or call 248-625-8223

Charter Township of Independence Workshop location: Clintonwood Park Carriage House ,6000 Clarkston Rd. Clarkston, MI 48348

Register: www.itpr.org or call 248-625-8223

Sibling Teasing and Conflict Family Workshop Ages 6-14

Sibling teasing and bullying can cause more harm than the teasing kid or bully at school. If you have siblings between the ages of 6-14 years send them together to learn what the impact of their every day meanness can have and how they can make a different choice in how they treat or how they handle the situation. Parents participate in their own workshop to learn how to manage sibling conflict and kids learn how to problem solve. At the end parents and kids come together to work on a family contract.

Sunday, March 11 1:00-3:00 Register: www.itpr.org or call 248-625-8223 45 (2 siblings & parents) \$16 additional child

Charter Township of Independence Workshop location: Clintonwood Park Carriage House, 6000 Clarkston Rd. Clarkston, MI 48348

Can't make this workshop? Schedule a private family workshop at the Kids Empowered Coaching and Counseling Center, Ste 102, 640 N Old Woodward, Birmingham, MI 48009 Call 248-757-0912 or email kimber@girlsempowered.com to set up.

Being a Friend: Build Yourself, Build Others Boys Empowered program for boys with ADHD

Have you heard of the new Robot Garage in Birmingham? Lego heaven! Boys will build a Lego project while learning about building relationships and building themselves up! Two part workshop led by Drew Yanke, Psychotherapist M.A. TLLP

Workshop 1: Fri Jan 20 Time: 6:30-8:00 Location: The Robot Garage, Birmingham, MI

Workshop 2: Sat Jan 28 Time: 2:00-4:00 Location: Kids Empowered Coaching and Counseling Center

Space is limited \$50 for 1st workshop or \$85 for both Boys 7-10

Register with Boys Empowered Email kimber@boysempowered.com for registration form

(Check www.boysempowered.com for updated programs for boy with ADHD)

www.girlsempowered.com Kids Empowered Coaching and Counseling Center www.boysempowered.com

P: 248.757.0912 Email: info@kidsempowered.com

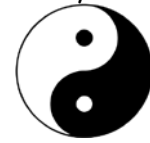
One-on-One Coaching& Counseling Assemblies Scout workshops Parenting workshops Professional Development

EMPOWERED GIRLS HAVE FUN WITH AMERICAN GIRL DOLLS!

For ages 5 - 10 years old; girls will be broken into groups by age. Girls bring their dolls to this workshop and learn what to say to unfriendly friends who say things like, "I am not your friend." "You can't play." "Who bought you that shirt?" Girls will learn words to say, how their voice should sound, and what their body language should be when setting their boundaries with their friends. Girls will role play, act it out with their dolls, do a craft activity. The last ½ hour the girls will demonstrate for family and friends what to say and do using their dolls as the characters. Bring a snack!

Date: 1/20/2012 or 4/27/2012 Fri 6:00 PM - 8:00 PM Girls 5-10

BPS resident/non-resident \$ 20/ \$25 Seaholm High School Register at www.communityed.net or 248-203-3800



The Warrior Within Parent/Son workshop

Parents and Sons will have fun learning how to help boys build confidence and build emotional intelligence. Together boys and moms will learn how appreciating who you are and what you have in life. Fun fortune cookie activity included!

Sunday, March 4 \$25 2:30-4:00 Parent/son Boys 6-9 yrs old

Charter Township of Independence Workshop location: Clintonwood Park Carriage House (6000 Clarkston Rd. Clarkston, MI 48348
Register: www.itpr.org or call 248-625-8223

SCOUT NITE OUT FOR GIRLS

Date: 3/16/2012 Friday, March 16 6:00-9:00

Location: Beverly School, 18305 Beverly Road, Beverly Hills, MI 48025

Parenting workshop: 6:30-8:30 (optional) Parenting demo: 8:30-9:00

Register for Scout Nite Out for girls through Birmingham Community Ed www.communityed.net or 248-203-3800

Girls can come individually or with a troop. Bring snack and reusable water bottle. Wear tennis shoes and comfortable clothing. BPS resident \$20 Non-resident \$25

FRIENDSHIP RULES AND HIP HOP Group 1: DAISIES Group 2: BROWNIES

Today kids treat friendship with a hot and cold attitude. "I'll be your friend if...." is a common threat made to manipulate friends into doing things you want them to do. This workshop will teach girls how to come up with "fair" rules between friends that foster healthy friendship characteristics: trust worthy, dependable, loyal, kind, and fair. Girls have fun making a "Friendship Rules" craft.

JUNIOR ASSERTIVENESS BOOT CAMP AND YOGA

Being assertive is a skill and one that is needed to stand up to meanness, handle conflict and problems, ask for help, and to go after your dreams. It is one of the most important skills that girls need to navigate their social world. Girls will learn how to be assertive with body language, words, voice, and decision making skills. Poster activity included. Bring a yoga mat or towel.

PARENT WORKSHOP: GIRL'S WORLD OF FRIENDSHIP

Parents learn how to help their children deal with friends who are hot and cold, how to work out misunderstandings between friends, how to strengthen bonds between friends and how to be a friendly classmate. BPS resident/non-resident \$ 10/ \$15

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P: 248.757.0912 Email: info@kidsempowered.com

One-on-One Coaching& Counseling Assemblies Scout workshops Parenting workshops Professional Development

LASER TAG & Assertiveness Boot Camp

BOYS EMPOWERED PROGRAM FOR BOYS WITH ADHD

BOYS 7-10 YEARS

Boys will play laser tag and then learn about how to respond to sticky situations in an assertive way instead of aggressive, passive aggressive or passive!

Date: Friday, February 10 Time: 6:00-8:00pm

Includes Laser Tag, Pizza & Juice, and Assertiveness workshop

Location: Laser Quest, 31401 John R, Madison Heights, MI 48071

Price: \$65 Current participants: \$60 Program led by Drew Yanke and Kevin Roberts

Register with Boys Empowered Email: kimber@boysempowered.com for registration form

SCOUT NITE OUT FOR BOYS

Date: 3/02/2012 Friday, March 2 6:00-9:00

Parenting workshop: 6:30-8:30 (optional) Parenting demo: 8:30-9:00

Location: Beverly School, 18305 Beverly Road, Beverly Hills, BPS resident \$20 Non-resident \$25

Register for Scout Nite Out for boys through Birmingham Community Ed www.communityed.net or 248-203-3800

Boys can come individually or with a troop. Bring snack & reusable water bottle. Wear tennis shoes.

TIGER CUB & CUB SCOUTS - THE WARRIOR WITHIN BUBBLE WORKSHOP

Boys will learn using the Kids Empowered Bubble about their own personal power & how they own the beliefs they hold about themselves & the decisions they make in response to conflict, meanness or sticky situations. They learn how they give their power away when they let others make them feel bad about themselves, are mean to others because someone was mean to them, make decisions that are not right for them, let others walk all over them, & give into peer pressure. Fitness activity - challenge course.

WEBELOS, SCOUTS AND THE WARRIOR WITHIN FORTUNE COOKIE

Boys will learn how to appreciate their gifts and talents and who they are as a person. They will learn tools to express their emotions and handle sticky situations that arise from meanness, conflict and misunderstandings. Fortune Cookie activity included. Fitness activity - challenge course.

PARENTING A WARRIOR WITHIN

Parents will learn over 30 ways to create an environment for their boys that builds inner strength, resiliency, emotional intelligence, personal power and confidence. They will learn how to guide their boy's through sticky situations while helping them build healthy friends and relationships with other kids.

Fri 6:30 PM - 8:30 PM BPS resident/non-resident \$ 10/ \$15

STAND UP TO MEANNESS (Parent & Child)

Parents and kids will learn strategies on how to stand up for yourself when other classmates or friends are being mean. They will learn different roles kids play and learn what it looks like to be assertive in body language and voice and learn words they can use to send the message that you can't treat me like that. Role playing will be part of this interactive workshop!

Location: Seaholm High School To register: Birmingham Community Ed, 248-203-3800 or www.communityed.net

BPS resident/non-resident \$ 25/ \$30

Parent/Son (1st-2nd grade) Date: 4/16/2012 Mon 6:00 PM - 7:30 PM

Parent/Son (3rd-5th grade) Date: 4/17/2012 Tue 6:00 PM - 7:30 PM

Parent/Daughter (1st- 2nd grade) Date: 4/18/2012 Wed 6:00 PM - 7:30 PM

Parent/Daughter (3rd-5th grade) Date: 4/19/2012 Thu 6:00 PM - 7:30 PM

Location: Rochester Area Recreation, 108 East 2nd street, Rochester, MI 48307 To Register call 248-656-8308 \$25 per pair \$15 per additional child

Parent/Son (1st-2nd grade) 3:00-4:30 May 6

Parent/Son (3rd-5th grade) 4:30-6:00 May 6

Parent/Daughter (1st- 2nd grade) 2:00-3:30 March 11

Parent/Daughter (3rd-5th grade) 3:30-5:00 March 11

UN-STICKING YOURSELF IN STICKY SITUATIONS

Unfriendly comments by friends and classmates, conflicts and problems are things are kids are going to have to deal with daily. Empower them with the tools- assertiveness, conflict, and problem solving skills. Kids will have fun learning the do's and don'ts, role playing and do the Nasty Noodles Activity.

Location: Seaholm High School, Cafeteria BPS resident/non-resident \$ 25/ \$30

To register: Birmingham Community Ed, 248-203-3800 or www.communityed.net

Mother/Daughter (1st-2nd grade) 1/30/2012 Mon 6:00 PM - 7:30 PM

Mother/Daughter (3rd - 5th grade) 2/06/2012 Mon 6:00 PM - 7:30 PM

Mother/Son (1st-2nd grade) 3/05/2012 Mon 6:00 PM - 7:30 PM

Mother/Son (3rd - 5th grade) 3/12/2012 Mon 6:00 PM - 7:30 PM

Location: Rochester Area Recreation, 108 East 2nd street, Rochester, MI 48307

To Register call 248-656-8308 \$25 per pair

Parent/Daughter (1st- 2nd grade) 2/5/2012 Sun 1:00-2:30

Parent/Daughter (3rd-5th grade) 2/5/2012 Sun 2:30-4:00

Parent/Son (1st-2nd grade) 2/5/2012 Sun 4:00-5:30

Parent/Son (3rd-5th grade) 2/5/2012 Sun 5:00-6:30

FATHER/SON - FINDING THE WARRIOR WITHIN

Inner Strength is the focus of this workshop. Dads will help their sons learn to communicate and express their feelings in a way that is assertive and powerful. Boys will learn about appreciating who they are and what gifts they have to bring to the world. This is a great bonding opportunity for dads and sons. Fun Warrior Within craft included.

Location: Groves High School, Staff Planning Room BPS resident/non-resident \$ 25/ \$30

To Register call 248-203-3800 or www.communityed.net

Father/Son (1st-2nd grade) Date: 2/12/2012 Sun 1:30 PM - 3:00 PM

Father/Son (3rd - 4th grade) Date: 2/12/2012 Sun 3:00 PM - 4:30 PM

Father/Son (5th - 6th grade) Date: 2/12/2012 Sun 4:30 PM - 6:00 PM

Location: Rochester Area Recreation, 108 East 2nd street, Rochester, MI 48307

To Register call 248-656-8308 \$25 per pair

Father/Son (1st-2nd grade) Date: 3/18/2012 Sun 1:30-3:00

Father/Son (3rd - 4th grade) Date: 3/18/2012 Sun 3:00-4:30

Father/Son (5th-6th grade) Date: 3/18/2012 Sun 4:30-6:00

Unfriendly Friends

Helping our kids understand & learn strategies for dealing with situations when friends don't always act like friends. We will explore "hot and cold" friend behavior, relational aggression, hurtful actions from friends, as well as friends who suddenly don't want to "be friends" anymore. This workshop will help kids understand how to navigate the tricky world of friendship, in particular the confusion girls face when experiencing inconsistent treatment friends. .

The Community House, Birmingham 248-644-5832 www.communityhouse.com

Mother/Son (Boys 7-10 yrs old) MON 1/23 6:30-8pm \$25

Mother/Daughter (Girls 6-8 yrs old) MON 2/13 6:30-8pm \$25

Mother/Daughter (Girls 9-11 yrs old) MON 3/5 6:30-8pm \$25

Thursday, March 29 \$25 6:00-7:30 Girls and Boys 7-10 yrs

McGregor Elementary School, Rochester Register: Rochester Community Ed 248-726-3165

Sunday, March 4 \$25 1:00-2:30 Parent/daughter Girls 7-9 yrs old

Charter Township of Independence Workshop location: Clintonwood Park Carriage House (6000 Clarkston Rd.

Clarkston, MI 48348

Register: www.itpr.org or call 248-625-8223

Middle School Girl's Group

Girls Empowered is offering a group for girls to help them learn to be assertive, project confidence, build self-esteem, have a healthy body image and be happy with themselves. Girls will be empowered to learn how to manage unfriendly situations and conflict with friends and classmates, use their voice, and deal with the often challenging social climate of middle school.

Thursdays Jan 19, 26 Feb 2,9 6:30pm-8:00pm \$140
 Thursdays March 1, 8, 15, 22 6:30pm-8:00pm \$140

Location: Kids Empowered Coaching and Counseling Center
 640 N Old Woodward, Ste 102 Birmingham, MI 48009

Group is led by Dr. Alina Stevenson, Psy. D

Email: alinastevenson@yahoo.com or call 248-804-2199 for registration form and questions

Middle School Boy's Group 4th & 5th grade Boy's Group

Boys Empowered is offering a skill-building group for boys to learn to be assertive, manage emotions—to process them and express them without either repressing or acting out in anger. Boys will be empowered to learn how to manage unfriendly situations and conflict with friends and classmates, project confidence, and strengthen relationships with family and friends.

Group led by Drew Yanke , Psychotherapist, M.A., TLLP

Mondays Jan 23, 30, Feb 6, 13 \$140

Mondays March 5, 12, 19, 26 \$140.

4th-5th grade 5:30-7:00

Middle School 7:00-8:30

Location: Kids Empowered Coaching and Counseling Center
 640 N Old Woodward, Ste 102 Birmingham, MI 48009

Email info@boysempowered.com for registration form

“Act, don't React”

BOYS EMPOWERED PROGRAM FOR BOYS WITH ADHD BOYS 7-10 YEARS OLD

Boys will have a chance to work with Sifu Schoenherr of The Detroit Kung Fu Studio on body and thought mindfulness. The boys will learn Kung Fu techniques and the principals behind mastering your body as well as techniques to master your mind.

Workshop is led by Sifu Schoenherr and Drew Yanke

Date: Saturday, March 10, 2012 Time: 2:00-4:00 Price: \$65 Current participants: \$60

Location: Detroit Kung Fu Studio, 29378 Northwestern Hwy, Southfield 48334

Email kimber@boysempowered.com for registration form

www.girlsempowered.com Kids Empowered Coaching and Counseling Center www.boysempowered.com

P: 248.757.0912 Email: info@kidsempowered.com

One-on-One Coaching& Counseling Assemblies Scout workshops Parenting workshops Professional Development

SNEAK PREVIEW of SUMMER WORKSHOPS!

For the first time Kids Empowered will be offering workshops in addition to the Kids Empowered Summer Day Camps!
These workshops below will be offered by Birmingham Community Education. More workshops to come!!

FAMILY WORKSHOPS FOR TEENS AND ADULT

Do you have trouble communicating with your teen? Is it causing conflict and stress in the family? This is a family workshop for parents and teens to learn how to manage conflict, communicate effectively and understand each other. In separate groups, parents and teens will learn communication tools to resolve conflict more effectively within their family. Parents will also learn tools to teach their teens to manage meanness and bullying with siblings and peers. Meanwhile, the teens will be learning how to express themselves more effectively to get their parents to listen and understand. The groups will then come together to formulate a plan for continuing to use these skills at home. Presented by Kids Empowered. **Location Seaholm High School, Media Center.**

Group	Days	Date	Time	Fee
Parents/Daughter	Thursday	June 28	6:30-8:30pm	\$35 (teen & parent); \$16 (add'l child)
Parents/Son	Thursday	July 12	6:30-8:30pm	\$35 (teen & parent); \$16 (add'l child)
Parents/Daughter	Monday	August 6	6:30-8:30pm	\$35 (teen & parent); \$16 (add'l child)
Parents/Son	Tuesday	August 7	6:30-8:30pm	\$35 (teen & parent); \$16 (add'l child)

SIBLING TEASING AND CONFLICT FAMILY WORKSHOP (Ages 6-14)

Sibling teasing and bullying can cause more harm than the teasing kid or bully at school. If you have siblings between the ages of 6-14 years send them together to learn what the impact of their every day meanness can have and how they can make a different choice in how they treat or how they handle the situation. Parents participate in their own workshop to learn how to manage sibling conflict and kids learn how to problem solve. At the end parents and kids come together to work on a family contract. Presented by Kids Empowered. **Location Groves High School, Staff Planning Room.**

Days	Date	Time	Fee
Sunday	June 24	2-4pm	\$45 (2 siblings & parents); \$16 (add'l child)
Sunday	July 15	2-4pm	\$45 (2 siblings & parents); \$16 (add'l child)

FRIENDSHIP RULES WITH RULES! (Grades 1-5)

Today kids treat friendship with a hot and cold attitude. "I'll be your friend if..." is a common threat made to manipulate friends into doing things you want them to do. This workshop will teach kids how to come up with "fair" rules between friends that foster healthy friendship characteristics: trust worthy, dependable, loyal, kind, and fair. Kids have fun making a "Friendship Rules" craft. Presented by Kids Empowered. **Location Seaholm High School, Media Center.**

Grade	Days	Date	Time	Fee
Boys 1-2	Tuesday	August 7	5:30-7pm	\$18
Girls 1-2	Wednesday	August 8	5:30-7pm	\$18
Boys 3-5	Tuesday	August 7	7-8:30pm	\$18
Girls 3-5	Wednesday	August 8	7-8:30pm	\$18