



Girls Empowered & Boys Empowered & Kids Empowered
248-757-0912
www.girlsempowered.com & www.boysempowered.com
Sign up on the website for our monthly newsletter!
Facebook: Stop the Meanness, Spread the Kindness



Friday January 21, 2011 6:00-9:00

Girls Empowered Scout Nite Out! Ages K-5

Friday January 21, 2011 6:00-9:00 Parent demo at 8:40.

\$25 per girl \$15 for parents (one or both!) Girls can come individually or with their troop!
Each workshop includes a craft. Bring a snack , reusable water bottle and wear tennis shoes.

Location: Franklin Athletic Club Register on-line at www.franklinclub.com 248-352-8000

Daisies: Stop, Think and Go! & Hip Hop

Girls learn a tool how to make good decisions in responding to situations with peers.

Brownies Option 1: Friend or Foe & Hip Hop

Girls learn how true friends treat each other and what behaviors are not how we treat friends.

Brownies Option 2: Unfriendly Friends & Yoga

Girls understand and learn strategies for dealing with situations when friends don't always act like friends.

Jr. Girl Scouts: Dealing with sticky situations & Yoga

Girls learn how to handle conflict, problem solve & deal with mean kid interactions.

Parenting workshop (optional) Stop the Meanness, Spread the Kindness

Parents will learn how to help their daughter deal with mean-spirited behavior and bullying. Parents will learn strategies to deal with the bully, ways to bully-proof their daughter and how build confidence.

OR

Organize YOUR OWN Neighborhood or School Troop Event

Includes a 3 hour program, 2 workshops, and a Patch

\$15 per girl

Minimum of 100 girls

You pick the two workshops!!!

Sample of a Neighborhood event

Daisies: Hip Hop & Stop, Think, & Go!

Brownie I: Yoga & Civilized Assertiveness

Brownie II: Hip Hop & Friend or Foe

Junior: Yoga & The Power of Words

Jr Cadette & Sr Girl Scouts Yoga & Pick Your Stick

www.girlsempowered.com

248-840-9858

www.boysempowered.com

One-on-One Coaching

Assemblies

Scout workshops

Parenting workshops

Professional Development