

# Girls Empowered Mother Daughter Retreat



## October 15-17, 2010

Moms and girls will enjoy a weekend bonding and strengthening their mother/daughter relationship. They will have fun, be adventurous and learn important life lessons!

Weekend includes 3 workshops, team building activities, 3 meals on Saturday, breakfast on Sunday, Snacks, Movie, Campfire and S'mores, Opening and Closing Ceremony.

Location: Tamarack Camps, 4361 Perryville Road, Ortonville, MI 48462

## Elementary School Girls

2 different workshops to pick from

### Option 1: **Stop the Meanness Spread the Kindness**

Using the movie "Chrissa Stands Strong" and American Girl dolls, girls will learn about the different social roles kids play, how to deal with everyday meanness and bullying, how to stand up for themselves and others! Girls can bring their dolls!

Option 2: **Friendship Rules with rules** 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.

Includes: Mother/Daughter Workshop, Rock Climbing and Team Building Games

## Teen Girls

### Middle & High School GIRL DRAMA!!!!!!

Girls will learn how to deal with the drama of being a teen girl while still being happy with themselves, their bodies and developing healthy friendships and peer relationships.

Girls will learn how to manage the world of Social Media- texting, IMs, Facebook, My Space, etc..., have a healthy body image, deal with cliques, gossip, and meanness, and how to be assertive.

Includes: Mother/Daughter Workshop, Ropes course and Team Building Games

### Mom's only workshops

#### **Building confidence, resiliency, and empowerment in our girls!**

Moms will learn how to build confidence and self-esteem in our girls while coaching them through dealing with mean kids and bullies!

#### **Living an empowered life!**

Mom's need their own dreams and goals to! Learn how to live an empowered life and coach your daughter to be empowered!



Girls Empowered®

[www.girlsempowered.com](http://www.girlsempowered.com)

**Over 12 years of providing programs through assemblies, summer day camps, community & Scout programs, parenting workshops, educator trainings & one-on-one coaching.**

**Over 55,000 kids, parents and educators have participated!**

[www.boysempowered.com](http://www.boysempowered.com)



Father/son  
Retreat  
Oct. 15-17

Mother/daughter pairs will be grouped together in cabins by age. There will be a multi-sibling cabin for moms with two girls in both age groups.

Early Bird price by Sept. 25:  
Cost: \$199. per mother/daughter pair  
Additional Sibling: \$75.00

After Sept. 25 Add \$25 per person  
No refunds, only credit  
Arrival time Friday: 6:00 pm  
Opening ceremony: 7:00 pm  
Departure time Sunday: 10:00 am  
Suggestions for what to bring are on-line.

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## SCHEDULE

### Friday night

Arrival: 6:00 pm

Opening activity 7:00pm

### Saturday

#### **Elementary school girl Friendship track:**

9:30-11:00 – Stop the Meanness, Spread the Kindness 11:00-12:00 Team Games 12:00-1:30 Lunch

1:30-4:00 Low ropes

4:00-5:30 Mother/daughter activity

#### **Elementary school girl American Girl track**

9:30-11:00 American Girl Activity 11:00-12:00 Team Games 12:00-1:30 Lunch

1:30-4:00 Low ropes

4:00-5:30 Mother/daughter activity

#### **Teen girl track**

9:00-12:00 Rope Course 12:00-1:30 Lunch

1:30-3:00 Teen girl drama workshop 3:00-4:00 Team Games

4:00-5:30 Mother/daughter activity

#### **Empowered mom's track**

9:30-11:30 Workshop 1

2:00-3:30 Workshop 2

4:00-5:30 Mother/daughter activity

6:00 pm Dinner

8:00 pm S'mores & Activity

### Sunday

Breakfast 8:30am

Closing Ceremony 9:30 am

Departure time: 10:00 am

Supported by the Erin Gillis Fund	
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