



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



General Information:

Camp includes themed educational lessons, crafts, daily fitness activities, games & role-plays. Each themed camp has different activities and crafts!

- Fitness Activities include yoga, hip-hop dance, fitness games and soccer
- Daily Swimming at the Franklin Athletic Club camps
- $\frac{1}{2}$ hour parent demonstration during last $\frac{1}{2}$ hour on the last day of every camp
- Sessions include an emailed parent handout with overview of what is being learned
- Bring 1 healthy, nut-free snack for $\frac{1}{2}$ day, 2 snacks for full day, & reusable water bottle
- We try to be a "green" camp, please no bottled water
- Wear tennis shoes and comfortable clothing

Time: Full day 9:00-4:00 p.m. Or Half day 9:00-12:00 p.m. or 1:00-4:00 p.m.

American Girl Camp

Girls will have fun with their American Girl dolls learning lessons about building character with the historical dolls and learning how to deal with girl friendship issue using the movie "Chrissa Stands Strong". Camp includes matching girl/doll crafts and focuses on dealing with unfriendly friends and meanness all while learning to be empowered and true to themselves.

July 18-22 Academy of the Sacred Heart Grades 1-3 12:00 p.m.-3:00 p.m.

July 25-29 Novi Community Ed Girls 6-10 yrs 9:00-12:00

August 8-12 Jewish Community Center Grades 2-6 Full day

August 8-12 Grosse Pointe War Memorial Girls 7-9 yr 9:00 - 3:00 p.m. or 9:00 a.m.-12:00 p.m.

August 15-19 Birmingham Community House Girls 6-10 years old 1:00-4:00 p.m.

Little American Girl Doll Camp

Girls will have fun with their American Girl dolls learning lessons about building character with the historical dolls and learning how to deal with girl friendship issues. Camp includes matching

www.girlsempowered.com

248-757-0912

www.boysempowered.com

KIDS EMPOWERED COACHING & COUNSELING CENTER

One-on-One Coaching

Assemblies

Scout workshops

Parenting workshops

Professional Development

girl/doll crafts, role-plays, watching American Girl movie Kit, all while learning to be empowered and true to themselves.

July 18-22 Academy of the Sacred Heart Girls 4-5 years old 9:00-12:00 p.m.

August 8-12 Grosse Pointe War Memorial Girls 4-6 years old 9:00 a.m.-12:00 p.m.

August 22-26 Birmingham Community House Girls 4-6 years old 1:00-4:00 p.m.

Adventures with Pirates

Boys will have fun learning about themselves and how to stand up for themselves. We will go exploring using maps to find the hidden treasure chest (their own special talents and gifts). They will make Pirate themed crafts, go on scavenger hunts and play games.

July 25-29 Novi Community Ed Boys 7-9 years old 1:00-4:00 pm

High School Musical

Girls will have fun with hip hop dancing & singing while examining the social landscape in High School Musical. Learn how to identify mean girl behavior, what it looks like being a target, a bystander, & how to stand up for yourself. Girls will role play the characters & learn how to have the confidence to be themselves. Girls perform a Girls Empowered version of the musical for their parents. Songs & lessons come from all 3 movies!

July 18-22 Birmingham Community Ed Girls 6-10 years 1:00-4:00 p.m. Full Day option available!

Diary of a Wimpy Kid

Boys will have fun learning about how to be yourself and deal with everyday meanness and bullying. Boys will learn how to be assertive and not aggressive or passive through cartooning, playing games, and fun activities. They will learn how to handle conflict and problem solve with confidence. Camp includes daily physical activity, games, crafts and learning lessons from watching the Diary of a Wimpy Kid.

July 18-July 22 High Velocity Sports Boys 7-10 years old 9:00 a.m.-12:00 p.m.

August 1-5 Birmingham Community Ed Boys 7-10 years old 9:00 a.m. -12:00 p.m. Full day option available!

A Girl's World of Friendship!

Helping our girls 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 camp will help girls make friends, keep friends, be a friendly person and deal with sticky issues & what to do when they experience inconsistent friendship. Girls will learn the do's & don'ts of friendships, how to be assertive with friends, & how to handle conflict.

July 18 - 22 Franklin Athletic Club Girls 6-10 years old Half/Full Day

July 25-29 Northville Park & Rec Girls 6-10 years old 9:00 a.m.-12:00 p.m.

Aug 1-5 Novi Community Education 6-10 years old 9:00 a.m.-12:00 p.m.

Aug 1-5 Rochester Area Recreation (RARA) 7-10 years old 9:00am-12:00 pm

A Boy's World of Friendship!

Helping our boys 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 camp will help boys make friends, keep friends, be a friendly person and deal with sticky issues and what to do when they experience inconsistent friendship. Boys will learn the do's and don'ts of friendships, how to be assertive with friends, and how to handle conflict.

July 18 - 22 Franklin Athletic Club Boys 6-10 years old Half/Full Day

July 25-29 Northville Park & Rec Boys 6-10 years old 1:00-4:00 p.m.

Aug 1-5 Novi Community Ed Boys 6-10 yrs 1:00-4:00pm

Aug 1-5 Rochester Area Recreation (RARA) Boys 7-10 yrs 1:00-4:00

ABCs of Social Skills

Kids will learn about 25 different Social Skills. Social Skills are the skills kids need to develop & manage relationships in life. Learning Social Skills like Dealing with being Left Out, Accepting No, Saying No, Negotiation, Compromise, Taking Turns, Beginning a Conversation, Joining a group, Handling Conflict & Dealing with Group Pressure can help any child be successful in relationships whether it's with peers, friends, family, teachers or later in life- Work!

July 25 - 29 Franklin Athletic Club Girls and Boys 8 - 11 years old Half/Full Day

August 15 - 19 Franklin Athletic Club Girls and Boys 6 - 10 years old Half/Full Day

Assertiveness Boot Camp: What to say to the bully and more!

Being assertive is a life skill every kid needs to have in dealing with bullies, in negotiating, handling conflict, setting boundaries, to be taken seriously, and getting their needs met. Kids

www.girlsempowered.com

248-757-0912

www.boysempowered.com

KIDS EMPOWERED COACHING & COUNSELING CENTER

One-on-One Coaching

Assemblies

Scout workshops

Parenting workshops

Professional Development

will learn & practice being assertive in their words, voice, & body language through role-playing and crafts. This camp 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.

August 1 - 5 Franklin Athletic Club Girls and Boys 6-10 years old Half/Full Day

August 8-12 Novi Community Ed Girls and Boys 6-10 yrs 9:00-12:00pm

Stop, Think and Go!

Kids will learn an easy tool to help them make good decisions about how to treat others or what to do when others are mean to them or asking them to do something that will get them in trouble! Kids will have fun making 3 crafts, playing games& activities teaching them how to deal with peer & societal pressure. Kids will learn social skills, respect, decision-making, and conflict resolution skills.

July 25 - 29 Grosse Pointe War Memorial Girls and Boys 4-6 years old 1:00-4:00 p.m.

August 1 - 5 Franklin Athletic Club Girls and Boys 4-6 years old Half/Full Day

Ramona and Beezus

Girls will have fun learning about believing in yourself and being true to who you are using the positive messages from the movie Ramona and Beezus. Girls will learn how to be confident and build self-esteem while making a Dream Pillow, Fortune Cookies, Affirmation Box, and learn how to set boundaries for friendship and what to do when friends are unfriendly. Includes lessons through watching Ramona and Beezus, the movie.

July 18-22 Birmingham Community Ed Girls 6-10 years old 9:00 a.m.-12:00 p.m. Full Day option available!

August 8 - 12 Franklin Athletic Club Girls 6-10 years old Half/Full Day

Finding the Warrior Within, Kung Fu Panda with Boys Empowered

Boys will have fun learning about believing in yourself and finding their strength. Boys will learn how to connect with their inner warrior by gaining an understanding of how to manage and express their emotions, deal with meanness and conflict, and build confidence. Includes lessons through watching Kung Fu Panda, the movie.

August 1-5 Birmingham Community Ed Boys 7-9 years old 1:00-4:00 p.m. Full day option available!

August 8 - 12 Franklin Athletic Club Boys 7-9 years old Half/Full Day

Get Ready for Kindergarten

Going to kindergarten is a big transitional period for kids. This camp will help kids prepare for new adventures with activities to teach them how to make new friends, manage emotions, make good decisions and enter this exciting time with confidence.

Aug 8-12 Rochester Area Rec (RARA) Girls and Boys going into kindergarten 9:00-12:00
August 15 - 19 Franklin Athletic Club Girls and Boys going into kindergarten Half/Full Day
August 22-26 Birmingham Community Ed Girls and Boys going into kindergarten 9:00 a.m.-12:00

Bully-Proof Me!

Kids will learn how to NOT be a target for bullies. The camp is all about strategies for dealing with bullies and mean-spirited behavior. Kids will learn great responses to meanness and how to use confident body language, a strong voice and words. Kids will make bully-proof themed crafts to remind them of how to protect themselves and will learn stress management techniques to help them deal with meanness.

July 25 - 29 Academy of the Sacred Heart Girls and Boys Grades 1-3 12:00-3:00 p.m.
August 22 - 26 Franklin Athletic Club Girls and Boys 6-10 years old Half/Full Day

Kid Power

This camp will lay the foundation for our little ones to become confident and empowered. They will learn how to use positive self-talk and language to believe in themselves and handle sticky situations. Children who believe in themselves, like themselves, and have the skills to manage sticky situations with peers will feel happy with themselves and be able to manage peer relationships in a healthy way. We will do crafts, games, and use books to learn about Kid Power!

August 8-12 Novi Community Ed Girls and Boys 4-6 yrs old 9:00am-12:00pm
August 22 - 26 Franklin Athletic Club Girls and Boys 4-6 years Half/Full Day

Back to School Confidence Camp

Go back to school with a boost of confidence, fun, and social skills important to start the year off right. We will work on confidence building activities, developing a keeping a positive attitude, and how to reunite with kids in school that may have not been friends with before or interact with kids who you may have had sticky situations with.

Aug 15- 19 High Velocity Sports Girls and Boys 6-10 years old 9:00 a.m.-12:00 p.m.
Aug 22-26 Novi Community Ed Girls and Boys 6-10 yrs 9:00am-12:00pm
August 29 - September 2 Franklin Athletic Club Girls and Boys 7-10 years old Half/Full Day

www.girlsempowered.com

248-757-0912

www.boysempowered.com

KIDS EMPOWERED COACHING & COUNSELING CENTER

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

Little Kid's Back To School Confidence

Go back to school with a boost of confidence, fun attitude, and social skills important to start the year off right. We will work on confidence building activities, developing a keeping a positive attitude, and how to reunite with kids in school that may have not been friends with before or interact with kids with whom you may have had sticky situations.

Aug 22-26 Novi Community Ed Girls and Boys 4-6yrs 1:00pm-4:00pm

August 29 - September 2 Franklin Athletic Club Girls and Boys 4-6 years Half/Full Day

Empowered with ADHD

Kids will have **intense fun** being physically active while learning social skills, friendship skills, being empowered, building confidence and bully-proofing themselves. This camp is specifically designed for the challenges and opportunities kids with ADHD face. Games, Olympic challenge courses, role playing, educational activities, and going on nature hikes will all be part of the fun of teaching how to take advantage of one's strengths and learn to manage one's weaknesses.

Master instructors for the boy's camp include:

Drew Yanke, M.A. TLLP, is a graduate of Wayne State University, Marriage and Family Psychology program. He is a licensed Psychotherapist working with children and families. His focus is on boyhood issues, which include ADHD, dealing with bullying, building confidence and emotional management. He is a Boys Empowered instructor and also has extensive experience working with men and men of divorce.

Kevin Roberts, M.A. has been coaching kids and running study groups for over 12 years with ADHD and other learning challenges. Kevin is a former teacher at Roeper, an Academic turnaround specialist, and curriculum developer and board member of EmpowerADD, an 8-week life skills training program for young adults with ADHD. Kevin's talents include being fluent in several foreign languages and bringing fun to the challenges of life! He is also the author of *Cyber Junkie: Avoid the Gaming and Internet Trap*.

The camp will be held in two locations. Rochester Area Recreation Center and the Rochester Municipal Park. The camp will start Monday at 9:00 at RARA location. On Friday, at 3:00 the camp will end at the RARA location with a Parent Demonstration A schedule of drop off and pick up locations will be emailed two weeks before camp starts. The schedule will include days to bring a bike and helmet. A questionnaire about your child will be emailed upon registration to help us better serve your child during camp. Optional services: Evaluation and coaching session before or after camp to work on specific skill needs.

Fee: \$350

July 25-29 RARA Girls 7-11 years old 9:00 a.m. - 4:00 p.m. Class # 9224

www.girlsempowered.com

248-757-0912

www.boysempowered.com

KIDS EMPOWERED COACHING & COUNSELING CENTER

One-on-One Coaching

Assemblies

Scout workshops

Parenting workshops

Professional Development

July 18-22 RARA Boys 7-11 years old 9:00 a.m. - 4:00 p.m. Class # 9225
August 1-5 RARA Boys 11-14 years old 9:00 a.m. - 4:00 p.m. Class # 9226

Registration Information

For camps at Franklin Athletic Club

Register for full week camp at www.franklinclub.com

Or download registration form at www.girlsempowered.com & www.boysempowered.com

Register for day rate by calling Camp Director Kimberly Cash, Ext. 233

Time: Full day 9:00-4:00 p.m. OR **Half day** 9:00-12:00 p.m. or 1:00-4:00 p.m.

Member: \$35 half day, \$45 full day, \$190 week, , *Week of July 4 or August 29 - \$156

Non-Member: \$42 half day, \$55 full day, \$230 week, *Week of July 4 or August 29 - \$188

Other camps

Full Day Average Price is \$220 (9:00 am- 4:00 pm)

Half Day Camps Average Price is \$150 (9:00 am-12:00 pm or 1:00 pm-4:00pm)

Location Information:

Academy of the Sacred Heart

1250 Kensington Rd
Bloomfield Hills, 48304
248.646.8900 Ext. 871

248.432.5407

Rochester Community Ed

248.726.3165

Birmingham Community Ed

www.communityed.net
248.203.3800

Novi Community Education

25345 Taft Rd.,
Novi, MI
248.449.1206
www.novicommunityed.org

Birmingham Community House

248.644.5832
www.communityhouse.com/

RARA, Room D

108 E. Second St.
Rochester, MI 48307
248.656.8308

Grosse Pointe War Memorial

32 Lakeshore Dr.
Grosse Pointe Farms, MI 48236
313.881.7511

Northville Parks & Rec

Register on-line or in person
www.northvilleparksandrec.org

Franklin Athletic Club

29350 Northwestern
Southfield, MI 48032
248.352.8000
www.franklinclub.com

High Velocity Sports

46245 Michigan Ave.
Canton, MI
www.hvsports.com
734.487.7678

Jewish Community Center

6600 W Maple Road
West Bloomfield, MI 48322
www.jccdet.org

www.girlsempowered.com

248-757-0912

www.boysempowered.com

KIDS EMPOWERED COACHING & COUNSELING CENTER

One-on-One Coaching

Assemblies

Scout workshops

Parenting workshops

Professional Development

