



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



## 2010 Fall Schedule

Mother /Daughter Retreat Oct. 15-17 go to [www.girlsempowered.com](http://www.girlsempowered.com)

Father/Son Reatreat Oct. 15-17 go to [www.boysempowered.com](http://www.boysempowered.com)

### Dealing with Meanness and Bullying -Parent/Child workshop

Kids and parents learn strategies in dealing with common conflicts between kids on how to deal with teasing, exclusion, and bullies. Parents will 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 the situation, different strategies that can be used in a bullying or sticky situation, how to bully-proof yourself, the different role kids play in social situations, and how to be assertive in how they respond. \$25.00 per pair, \$15 additional child

**Location: Huntington Woods Park and Rec 248-541-3030**

6:00-7:30 pm

Sept. 27 (parent/daughter 6-9 yrs.)

Sept. 28 (parent/daughter 10-14 yrs.)

Sept. 29 (parent/son 6-9 yrs.)

Sept. 30 (parent/son 10-14 yrs.)

**Location: RARA, 108 E 2<sup>nd</sup> Street, Rochester, MI 48307 248-656-8308**

#9203 Tu 10/19 6:00-7:30pm Parent/Daughter 6-9 year olds

#9204 Tu 10/19 7:30-9:00pm Parent/Daughter 10-14 year olds

#9205 W 10/20 6:00-7:30pm Parent/Son 6-9 year olds

#9206 W 10/20 7:30-9:00pm Parent /Son 10-14 year olds

**Location: Franklin Athletic Club Register on-line at [www.franklinclub.com](http://www.franklinclub.com) 248-352-8000**

Sunday January 23rd

1:00-2:30 Boys 6-8, 2:30-4:00 Boys 9-11

Sunday February 6th

1:00-2:30 Girls 6-8, 2:30-4:00 Girls 9-11

Thursday March 10th

6:00-7:30 Boys 6-8, 6:00-7:30 Boys 9-11

Saturday April 2nd

1:00-2:30 Girls 6-8, 2:30-4:00 Girls 9-11

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

248-840-9858

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

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

## Sibling Teasing and Bullying Family Workshop

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 everyday meanness can have and how they can make a different choice in how they treat or handle the situation. Parents participate in their own workshop to learn how to manage sibling conflict, how to create a family contract and build self-esteem. Parents and kids come together at the end to get started on a family contract.

**Location: The Community House, Birmingham** 248-644-5832 [www.communityhouse.com](http://www.communityhouse.com)  
 SUN 9/26 3:00-5:00pm  
 or SUN 10/24 3:00-5:00pm  
 \$46 (2 siblings and parents), \$16 add'l child

**Location: RARA, 108 E 2<sup>nd</sup> Street, Rochester, MI 48307 248-656-8308**  
 #9202 Su 11/7 2:00-4:00pm Families  
**Fee:** \$46 for Parents & 2 siblings,  
 \$16 each additional sibling

## Diary of a Wimpy Kid

Boys will have a fun night out watching "Diary of a Wimpy Kid" and learning the skills to handle the everyday meanness that is prevalent in our kids' lives. Being able to identify the issue and have the skills to solve it are critical. We will learn the differences and skills to handle problems, conflicts, meanness and bullying situations. Boys will learn how to stand up for themselves and others while learning how to be happy with who they are. Popcorn and lemonade included.

**Location: The Community House, Birmingham** 248-644-5832 [www.communityhouse.com](http://www.communityhouse.com)  
 Boys Ages 7-10 FRI 10/15 6:00-9:00pm \$26  
 Boys Middle School FRI 11/12 6:00-9:00pm \$26

## Empowered with ADHD

### **For Parents and Child**

Boys will have intense fun while learning social skills, friendships skills and being empowered. Parents will learn how to build confidence, parenting tips, and how to support their sons on their journey through their successes and challenges.

Kevin Roberts 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 bring fun to the challenges of life! He is also the author of "Cyber Junkie: Avoid the Gaming and Internet Trap."

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 also has extensive experience working with men and men of divorce. He resides in Birmingham MI, is a husband and father of three children.

**Location: The Community House, Birmingham** 248-644-5832 [www.communityhouse.com](http://www.communityhouse.com)  
 Boys Ages 6-10 FRI 11/5 6:30-8:30pm \$41  
 Boys Middle school FRI 10/22 6:30-8:30pm \$41

## DAD/DAUGHTER WORKSHOP

Here's an opportunity to strengthen the dad/daughter bond while having fun! Girls will learn about being themselves while dads learn how to support that. Discussion will center around self-esteem, nutrition, emotions, hobbies, friends and family. Dads and girls will make two craft items together that reinforce the importance of being happy with yourself.

Grosse Pte War Memorial 32 Lake Shore Dr. Grosse Pointe Farms, MI PH: (313) 881-7511  
 Friday, October 1  
 6:30-8:00 pm  
 \$29 for dad/daughter \$19 each additional daughter

## THE POWER OF WORDS

Boys and girls will learn how words can build people up or tear them down including themselves. Kids will explore both the positive and the negative impacts of their words on others and their own self-esteem. Gossip, teasing, and put down's will be covered. Come ready to make power of Words kit.

Grosse Pte War Memorial 32 Lake Shore Dr. Grosse Pointe Farms, MI PH: (313) 881-7511  
 Friday, November 12  
 Ages 6-8 6-7:30  
 Ages 9-11 7:30-9  
 \$24 per person

## Unfriendly Friends

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

**Rochester Community Ed** 248-726-3165  
 Thursday, October 14, 2010 6:30-8:00  
 Ages 6-8

## Little Kid Power: ABC's of Kid Power

Kids will have fun making a book that teaches ways to be a strong, empowered kid. They will learn how you build self-esteem & confidence while learning about themselves. The ABC Book of Kid Power will give kids a chance to practice their writing skills & learn the language of self-confidence and build a foundation for a positive self-concept and high emotional intelligence. The session includes themed crafts and stories. Cost: \$60 (4 weeks)

Location: Huntington Woods Park and Rec 248-541-3030  
 Sat., 1:00-2:00 Oct. 2, 9, 16 & 23

[www.girlsempowered.com](http://www.girlsempowered.com) 248-840-9858 [www.boysempowered.com](http://www.boysempowered.com)  
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## **Don't Burst My Bubble! Parent/Child**

Being yourself is one of the biggest challenges each of us face in life. Together parents and kids learn about their own personal power and how they own the beliefs they hold about themselves. They will learn how they give their power away when others make them feel bad about themselves, make decisions that are not right for them, give into peer pressure, or are mean to someone because they were mean to them. This workshop will teach kids how to stand up for themselves and make good choices while building confidence and self-esteem. Craft and game included!

Cost: \$25/1<sup>st</sup> child: \$15 additional child 1 ½ hours

Location: Huntington Woods Park and Rec 248-541-3030

6:00-7:30 pm

Oct. 18 (parent/daughter 6-8 yrs.)

Oct. 19 (parent/daughter 9-11 yrs.)

Oct. 20 (parent/son 6-8 yrs.)

Oct. 21 (parent/son 9-11 yrs.)

Location: Huntington Woods Park and Rec 248-541-3030

## **Assertiveness Boot Camp-What to say to the bully & 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 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.

\$18 /Child

Franklin Athletic Club Register on-line at [www.franklinclub.com](http://www.franklinclub.com) 248-352-8000

Saturday November 13th

1:00-2:30 6-8 Girls,

2:30-4:00 9-11 Girls

4:00-5:00 Middle School Girls

Sunday November 21st 1:00-2:30 6-8 Boys,

2:30-4:00 9-11 Boys

4:00-5:00 Middle School boys

## **Friendship Rules! (with rules)**

Today kids treat friendship with a hot and cold attitude. "I won't 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 how to be a true friend. This workshop will show friends how to set boundaries with each other and facilitate communication around hurt feelings. Kids have fun making a "Friendship Rules" craft. A great workshop to come to with a friend \$18 /Child or \$30 for two friends

Franklin Athletic Club Register on-line at [www.franklinclub.com](http://www.franklinclub.com) 248-352-8000

Sunday September 26th

1:00-2:30 6-8 years, 2:30-4:00 9-11 years

Sunday November 7th

1:00-2:30 6-8 years, 2:30-4:00 9-11 years

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

Sunday February 6th

2:30-4:00 9-11 years, 4:00-5:30 6-8 years

Sunday March 19

1:00-2:30 6-8 years, 2:30-4:00 9-11 years

## **How to Handle Conflict and Sticky Situations!**

### **Parent/Child workshop**

Many moms and girls will do anything to avoid conflict so they are walked all over, they lose the relationship, or they talk about that person behind their back. Boys get mixed messages about how to handle sticky situation. Many fathers think their boys have to use force to stop the meanness. Learn why conflict is a normal and healthy part of relationships. Learn tools to problem solve, deal with conflict, deal with bullying and meanness, and to stand up for yourself. Interactive activities and role plays included.

\$25 /Child/Parent

Franklin Athletic Club Register on-line at [www.franklinclub.com](http://www.franklinclub.com) 248-352-8000

Wednesday March 16th

6:00-7:30 Girls 6-8, 7:30-9:00 Girls 9-11

Tuesday April 12th

6:00-7:30 Boys 6-8, 7:30-9:00 Boys 9-11

## **American Girl Camp with Girls Empowered**

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, role plays, fitness activities all while learning to be empowered and true to themselves.

Franklin Athletic Club Register on-line at [www.franklinclub.com](http://www.franklinclub.com) 248-352-8000

\$230 Full Week

December 27th - 31st

Monday - Friday 9:00-4:00pm

## **Stop, Think, and Go! Parent/Child workshop**

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 learn what friendly and unfriendly behaviors look like and what to do when they get in sticky situations. Kids will make a craft and play a game. Parents will have their own workshop and learn about building self-esteem, confidence, how to help their kids make friends, and make good decisions in sticky situations. For girls and boys 4-6 years old \$25 /Child

Franklin Athletic Club Register on-line at [www.franklinclub.com](http://www.franklinclub.com) 248-352-8000

Saturday October 23rd 1:00-2:00

Sunday December 3rd 1:00-2:00

Sunday January 16th 2:00-3:30

Saturday March 12th 2:00-3:30

## **Girls Empowered Scout Nite Out! Ages K-5**

Friday January 21st 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](http://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.