

# Kids Empowered

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

Kids and parents will learn and practice being assertive in their words, voice, and body language through role-playing and a craft.

\$18 /Child

Saturday November 13th

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

2:30-4:00 9-11 Girls

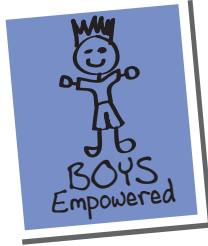
4:00-5:00 Middle School Girls

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)**

This workshop will teach kids how to develop "fair" rules between friends that foster healthy friendship characteristics.

\$18 /Child or \$30 for two friends

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

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**

Learn why conflict is a normal and healthy part of relationships.

\$25 /Child/Parent

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

## **Girls Empowered Scout Nite Out!**

**Ages k-5**

Each workshop includes teambuilding activities, a craft and a lot of fun. Bring a snack, reusable water bottle and wear tennis shoes.

Girls can come individually or with their troop! Parent demo at 8:40.

\$25 /girl \$15 for parents (one or both!)

Friday January 21st 6:00-9:00

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

Girls will have fun with their American Girl dolls learning lessons about building character.

\$230 Full Week

December 27th - 31st

Monday - Friday 9:00-4:00pm

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

Kids will learn what friendly and unfriendly behaviors look like and what to do when they get in sticky situations.

For boys 4-6 years old \$25 /Child

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

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

Parents will learn strategies to help their children minimize the social pain that sometimes can be caused by peers.

\$25 /Child or \$15 /Parent

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



Look on the website for winter and spring break camps

For more information please log in our website [www.FranklinClub.com](http://www.FranklinClub.com) or [www.boysempowered.com](http://www.boysempowered.com), [www.girlsempowered.com](http://www.girlsempowered.com)

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