



Girls Empowered* Kids Empowered * Boys Empowered
248-757-0912

Sign up for our email newsletter at
www.girlsempowered.com & www.boysempowered.com
Facebook: Stop the Meanness, Spread the Kindness



2010 Schedule

BULLY PROOF ME- NEW

This night is all about having fun while learning strategies for dealing with bullies and mean spirited behavior. Kids learn how to stand up for themselves without being mean, how to act confident and build confidence. Kids will make a bully proof themed craft and learn assertiveness and protection - the best defense to avoid becoming a target. Wear tennis shoes, bring a snack and reusable water bottle.

Girls: Ages 6-9

Girls: Ages 10-12

FRI Jan 29 6:00-9:00pm \$26/1st child; \$16 additional child

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

Boys: Ages 6-9

Boys: Ages 10-12

FRI Feb 5 6:00-9:00pm \$26/1st child; \$16 additional child

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

Nite out for Scouts!

Daisies: Stop, Think and Go! & Hip Hop Girls learn a tool how to make good decisions in responding to situations with peers.

Brownies: Friend or Foe & Hip Hop Girls learn how true friends treat each other and what behaviors are not how we treat friends.

Jr. Girl Scouts: Dealing with sticky situations & Yoga

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

Each workshop includes a craft. Bring a snack, reusable water bottle and wear tennis shoes.

Girls can come individually or with their troop!

Parent demo at 8:15. \$25

Friday, March 19 6:00-8:30

Location: McGregor Elementary, 1101 W First Street, Rochester, MI 48307

To Register: Rochester Community Ed 248-726-3165

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.

March 23th, April 27 \$25.00

Mothers/daughters 6-8 yrs 5:30-7:00 9-11 yrs 7:00-8:30

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield 48034 Register: www.franklinclub.com

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One-on-One Coaching Assemblies Scout programs Parenting workshops Summer camps Professional Development

Growing a modern day knight

Boys will learn the art of being a gentleman with courage to stand up for themselves and what they believe in. They will learn how to express themselves, respect themselves and others, and about being a kind, polite little gentleman with honor and chivalry. They will learn to slay the problem-causing dragons (their anxieties, fears and the bullies) while befriending the friendly dragons. Craft included

Sunday January 31 2:00-3:30 Boys 7-9 yrs \$25.00

Sunday, March 14 3:00-4:30 Boys 9-11 yrs \$25.00

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield 48034 Register: www.franklinclub.com Kids Programs

Friendship 101

Boys Feb 7 Sun 1:00-2:00 K-1st 2:00-3:00 2nd-3rd

Girls April 21 Wed 5:30:6:30 K-1st 6:30-7:30 2nd-3rd

Boys April 28 wed 5:30:6:30 K-1st 6:30-7:30 2nd-3rd

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield 48034 Register: www.franklinclub.com Kids Programs

Peace is the Word!

These days, girls seem to be really into the peace sign as a fashion statement, but many kids don't even know what it means. Girls will explore the meaning of inner peace, world peace, and peace among friends. They will learn to be at peace with their role in friendships, and how to help "keep the peace" among their friends and peers. This class can help girls who observe mean behavior around them and would like to learn to help stand up for their friends and themselves (in other words, go from being the bystander to the Empowered Girl). Girls will practice yoga, as well as make a peace sign craft, while exploring the concept of peace

Saturday, Feb 6 1:00-2:30 Girls 6-9 2:30-4:00 Girls 9-11 \$20.00 April 30 5:30-7:00 Girls 6-9, 7:00-8:30 Girls 9-11 \$20.00

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield 48034 Register: www.franklinclub.com Kids Programs

American Girl Nite Out with Girls Empowered

Using the new American Girl movie- Chrissa Stands Strong, girls will have fun learning how different roles kids play in social situations, how to deal with mean spirited-behavior and how to stand up for yourself and others

Friday, Feb 26 6:00-8:30 \$26.00

Optional: Empowered Girl Package: "Don't Pop My Bubble Book", Popcorn & Lemonade, Girls Empowered Girl t-shirt \$22.00

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield 48034 Register: www.franklinclub.com Kids Programs

Dealing with Bullies and Meanness! Child/Parent

Kids and parents learn strategies together to deal with mean-spirited and bullying behaviors like teasing, exclusion, ignoring, gossip, and unhealthy friendships. Parents 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 bullying and mean behavior; the different role kids play in social situations; and strategies how to deal with meanness and stand up for yourself and others and still be yourself. \$25.

Sunday, Feb 28 Parent/son 6-8yrs 1:00-2:30

Parent/son 9-11yrs 2:30-4:00

Boys only 11-13 4:00-5:30

Tues. May 11 Parent/daughter 6-8yrs 5:30-7:00

Parent/daughter 9-11yrs 7:00-8:30

Tues May 4 Parent/son 6-8yrs 5:30-7:00

Parent/son 9-11yrs 7:00-8:30

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Dealing with Bullies and Meanness! Child/Parent

SUN 4/11 \$26

Parent/Daughter (Ages 6-9) 1:00-2:30pm

Parent/Daughter (Ages 10-14) 2:30-4:00pm

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

SAT 4/17 \$26

Parent/Son (Ages 6-8) 1:00-2:30pm

Parent/Son (Ages 9-11) 2:30-4:00pm

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

Winter Break Camps!!

Adventures with Pirates Camp (Boys Ages 6-8) - NEW

Boys will have fun learning about themselves, how to stand up for themselves and handle sticky situations. 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, play games and do yoga!

Feb 15 -19 MON-FRI 9:00am-12:00pm \$153 per camper

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

American Girl Camp with Girls Empowered (Girls Ages 6-11) - NEW for 2010

Girls will learn the lessons of dealing with the pressures of fitting in, being yourself, dealing with cliques and meanness, and the meaning of true friendship. Each day will be a different focus: one day will focus on building character and the historical American Girl Dolls one day will focus on the new American Girl movie Chrissa Stands Strong. one day will focus on being yourself and the dolls that the girls pick out that resemble themselves. one day will be all about making matching crafts and the last day will focus on getting ready for the end of camp presentation to show parents and friends what it looks like to be an empowered girl! Girls will have fun with yoga and hip hop dancing. Bring a snack and reusable water bottle. Wear tennis shoes and comfortable clothing. Can bring any doll to have fun with!

Feb 15 -19 MON-FRI 1:00am-4:00pm \$153 per camper

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

1st Girls Empowered Mother/Daughter Weekend Retreat March 12-14

Location: Camp Hawthorn Hollow, St. Clair County, MI

Workshop: Dealing with Bullies and Meanness! Moms & Girls Age: Elementary

Kids and parents learn strategies together to deal with mean-spirited and bullying behaviors like teasing, exclusion, ignoring, gossip, and unhealthy friendships. Parents 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 bullying and mean behavior; the different role kids play in social situations; and strategies how to deal with meanness and stand up for yourself and others and still be yourself.

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Mom's only workshop: Moms will learn how to create an environment in which to build confidence, self-esteem and resiliency. Moms will learn how to help their daughter deal with mean-spirited behavior, be assertive, and set boundaries, and live an empowered authentic life!

Elementary girl's only workshop: FRIEND OR FOE: This workshop is all about the "Do's" and "Don'ts" of friendship. The girls will make a Friend or Foe Kit to represent the "dos and don'ts" and learn how true friends treat each other.

Workshop: Assertiveness Training Boot Camp- Moms & Girls Middle school Girls and Moms

Moms and girls will learn how to be assertive using their voice, body language and words.

Most women and girls are passive or passive aggressive and often get walked all over, become people pleasers, and use relational aggression as a way of dealing with hurt feelings and anger because they avoid conflict. In the process of avoiding and being people pleasers they lose themselves. Our girls need to know how to use their voice not only to protect themselves from unhealthy relationships but also how to negotiate, deal with conflict, and manage successfully in life and being happy with themselves.

Workshop will include role playing and interactive activities

Middle school girls only: CREATE A DREAM PILLOW: Girls learn about living an authentic life and why self-esteem and confidence are necessary to go after the dreams you have for your life. Girls make a heart stuffed pillow.

Mom's only workshop: Moms will learn how to create an environment in which to build confidence, self-esteem and resiliency. Moms will learn how to help their daughter deal with mean-spirited behavior, be assertive and set boundaries, and live an empowered authentic life!

To register or see additional details go to: www.girlsempowered.com

High School Musical!

Girls will have fun with hip hop dancing while examining the social landscape in "High School Musical 3". They will watch the movie. They will discuss and learn strategies for handling mean kid situations. They will role play and learn how to have the confidence to be themselves in the girl world. Bring a snack and wear tennis shoes.

SAT 5/1 6:00-9:00pm \$31 Girls Ages 6-11 A \$5 materials fee payable to "Girls Empowered."

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com

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 how they handle the situation. Parents participate in their own workshop to learn how to manage sibling conflict and make a family contract.

SUN 4/25 4:00-5:30pm \$46 (2 siblings and parents), \$16 add'l child

Location: Birmingham Community House, 248-644-5832 Register: www.communityhouse.com