



**GIRLS
EMPOWERED**

www.girlsempowered.com

Girls Nite Out for Scouts Friday, March 16

Group 1: DAISIES Group 2: BROWNIES

FRIENDSHIP RULES AND HIP HOP 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.



JUNIOR ASSERTIVENESS BOOT CAMP AND YOGA: Being assertive is a skill and one that is needed to stand up to meanness, handle conflict and problems, ask for help, and to go after your dreams. It is one of the most important skills that girls need to navigate their social world. Girls will learn how to be assertive with body language, words, voice, and decision making skills. Poster activity included. Bring a yoga mat or towel.



PARENT WORKSHOP: GIRL'S WORLD OF FRIENDSHIP

Parents learn how to help their children deal with friends who are hot and cold, how to work out misunderstandings between friends, how to strengthen bonds between friends and how to be a friendly classmate.

Parenting workshop: 6:30-8:30 (optional)

BPS resident/non-resident \$ 10/ \$15

Date: 3/16/2012 Friday, March 16 6:00-9:00

Location: Beverly School, 18305 Beverly Road, Beverly Hills, MI 48025

Registration starts at 5:30 Parenting demo: 8:30-9:00

To Register: www.communityed.net or 248-203-3800

Girls can come individually or with a troop. Bring snack and reusable water bottle.

Wear tennis shoes and comfortable clothing. BPS resident \$20 Non-resident \$25

Questions: Call Girls Empowered at 248-757-0912 or email girlsempowered@aol.com