



# KIDS EMPOWERED

## Birmingham Community Ed presents Kids Empowered Summer Day Camps

To register online [www.communityed.net](http://www.communityed.net) or call 248-248-3800

Questions about Kids Empowered call 248-757-0912 or [www.communityed.net](http://www.communityed.net)



## Girl's & Boy's Leadership Camp

Studies show

that early experiences in life impact adult leadership potential. This camp will teach leadership skills & traits. Guest speakers, team building, role playing, games, & creative activities will be used to teach leadership skills including communication skills, problem solving skills, organization, flexibility, & creativity.

8/3-8/7	BOYS	9:00am-12:00pm	Grades 5-7	#6709	\$150
8/3-8/7	GIRLS	12:30pm- 3:30	Grades 5-7	#6491	\$150



Girls are stressed out with hold/cold friendships, unrealistic body images, & the pressure to be popular. Many girls try so hard to fit in & please friends that they often give up who they are. We'll explore how yoga, meditation & self-care can promote better self-esteem, a greater sense of confidence & emotional balance. This week of camp will include daily yoga for girls & address significant areas of stress for girls. Girls will get the benefits from yoga of strengthening their bodies & relaxing their minds while learning how to deal with hot/cold friendships, trying to fit in, the pressure to be popular & having a healthy body image. We will look at journaling, music, creativity, the importance of building a supportive network, & everyday ways to cope with stress. Girls will walk away with the visuals to build a yoga toolbox full of empowering tools. Wear comfortable clothing & bring a Yoga mat/towel.

6/29-7/2 Mon- Thurs 12:30-3:30 Middle School #6488 \$120

### Registration information

- \*Before/Aftercare is available for camps at Groves HS
  - \*Bring nut free snack & reusable water bottles
  - \*Parent demo last ½ hour of camp
- To Register: [www.communityed.net](http://www.communityed.net) or 248-203-3800



Kids will learn to see the power in themselves & how they can use their power to be authentic, stand up for themselves & others & what they believe in. This camp is all about using one's power & influence to make an impact on the world. Kids will do hands on activities & learn about what different organizations & individuals are doing through various activities & speakers to make a difference. Kids will get a local and global view of the world on the issue of hunger & poverty.

Camp will teach leadership skills, empathy, compassion, assertiveness & being empowered. Fun, games, & craft activities included! Bring a lunch, beverage, swim suit & towel. Two sessions offered. Kids can take one or both. Each session will do a Kids Against Hunger packaging, put together care packages for soldiers, make soap for Kenya, make Lunches of Love, learn about animal rescue groups & hear from community leaders and teens who have used their power to make a difference. At the end of camp parents & friends will be invited to attend an interactive presentation about hunger & participate in the Empty Bowls project.

Groves High School Time: 9:00-3:30 Cost: \$199.00  
6/22-6/26 Middle School #6702  
7/20-7/24 Middle School #6703



Going to middle school is a big transition. Kids will learn how to manage stress and anxiety, have a positive attitude, make new friends, get connected and deal with unfriendly comments. Kids will put together a Get Ready for Middle tool box to help them manage this transition. Camp includes role playing and interactive discussions.

Boys 8/10-8/14 9:00am -12:30pm Seaholm HS #6576 Girls 8/10-8/14 12:30pm-3:30pm Seaholm HS #6576

\$150

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