

# Girls Empowered Summer Programs 2020

## Goes Virtual via Zoom

### Girls Leadership Program

Monday, 7/13-Friday, 7/17- 9 AM-12 PM

For Incoming 7th-9th graders

Girls will be **EMPOWERED** to be a **LEADER** by:

Learning qualities of an effective leader, assessing own strengths and weaknesses as a leader, developing effective communication skills, learning the importance of self-care and setting healthy boundaries, learning stress & time management skills, developing teambuilding skills, and engaging in a community service project.



Girls Empowered

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

Camps facilitated by Licensed Psychologist.

Email us with questions & to register!



### Camp Girl Power

Monday, 8/17-Friday, 8/21- 9 AM-12 PM

For Incoming 4th-6th graders

Girls will develop the skills to be **EMPOWERED** by:

Engaging in interactive activities to develop self-identity, increase self-esteem, learn self-care and stress management skills, understand healthy vs. unhealthy relationships, appreciate diversity, develop effective communication skills, and learn how to be a leader & team player.

Will participate in yoga, karate, Zumba, and more!

Programs are \$200\* for the week (\*Virtual Discount- Usually \$250)

Limited financial-based scholarships available.