

GIRL'S 6-14YRS  
VOLUME 1:2

SPA SERVICES

WORKSHOPS

# RETREAT

BY: DARE TO DREAM YOUNG GIRL'S

COOKING BASICS

PARTIES

APRIL - MAY. 2024

[www.daretodreamyoungirls.com](http://www.daretodreamyoungirls.com)  
[dream@daretodreamyoungirls.com](mailto:dream@daretodreamyoungirls.com)  
850-847-3875

ETIQUETTE

WELLNESS CENTER FOR GIRL'S AND WOMEN: WORKSHOPS, CAMPS, SPA' FUN, AND FITNESS



## A MESSAGE JUST FOR HER.....

# HELLO...

"My name is Kimolyn Ferrell, known as "Mrs. Kim." I am the founder and President of Dare to Dream Young Girl's Network, Inc. (DTDYG), and the **Wellness Coach** at **RETREAT** by DTDYG. I come to you with a love and passion for girl's and women to learn the importance of good health and wellness through mental, physical, and spiritual practices. I started this organization to help support the impact and better wellness of others.

At **RETREAT**, we will provide a host of powerful and exciting experiences that will enhance an individuals wellness habits; mind, body and spiritual growth. *You are invited to join us!*



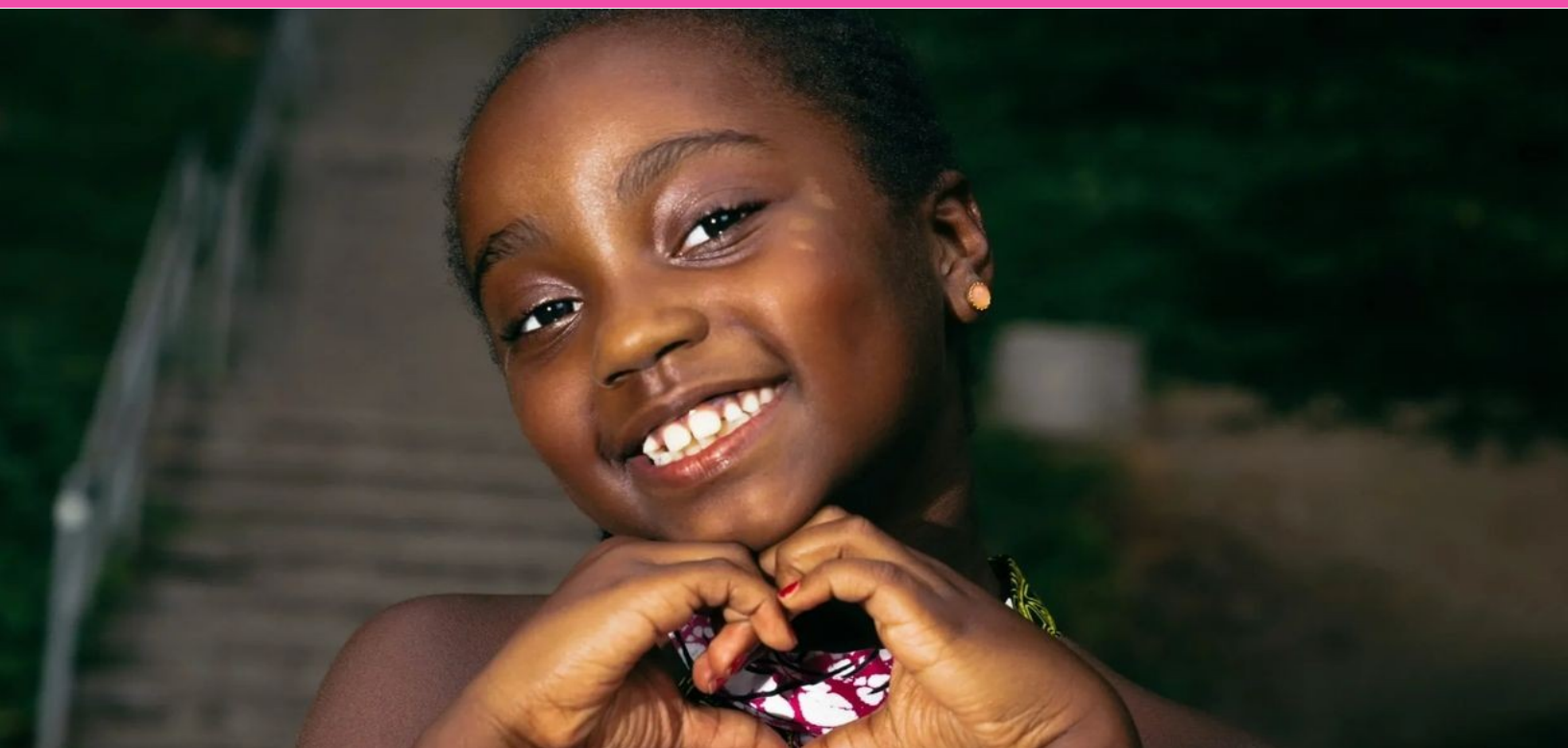
# HEY YA'LL...

My name is Summer Colston, I am the **Wellness Ambassador** at **RETREAT** by Dare to Dream Young Girls Network, Inc. I am a teen girl with a strong focus of taking care of my hygiene, having good skin care, and body wellness. I became **RETREAT'S** Wellness Ambassador in 2023, being appointed by their Board. With this great responsibility, I take pride in providing my peers with important information about positive wellness habits, quality skincare, the most update products, and how to navigate their use for optimum results.

Currently, I am inviting teen girls who share the same passion as I do to help promote our wellness program,. You may do so by attending our ongoing activities, workshops and shopping experiences. I love chatting with other girls about skincare and how they too take care of their skin. If you feel this is something you'd like to become involved in, go to our website and message me through our **CONTACT PAGE**.



# THIS IS US...



At **RETREAT**, our mission is to support girls and women with wellness outcomes of a positive MENTAL, PHYSICAL, and SPIRITUAL well-being in everyday life.

**RETREAT** is a Wellness Center for Girls and Women. It was created by our Founder at Dare to Dream Young Girls Network, Inc., Kimolyn Ferrell. Dare to Dream Young Girls Network, Inc. (DTDYG) is a non-profit, founded in May 2005. DTDYG is an organization for girls in Tallahassee, Florida, promoting wholeness. DTDYG has enriched more than 5,000 girls in the Tallahassee community through various planned events, activities, workshops, educational enhanced tutoring, mentoring, and many other areas of support for growth in becoming successful young women.



**WELLNESS CENTER FOR GIRL'S AND WOMEN: WORKSHOPS, CLASSES, CAMPS, SPA, FITNESS...**



# SUMMER CAMP IS HOT AND POPPIN.....!

## 2024 SUMMER CAMP FOR GIRL'S Dare to Dream Young Girl's Network, Inc.

## 2024 SUMMER CAMP

Our Summer Camps have empowered over 3,000 girls in the past 19 years. Over the years, our primary focus has been on educational enhancement. As we power forward, this years Summer camp will focus on inspiring girls to build self confidence, engage in exciting activities, heal broken spirits, empower girls to meet new people, and learn valuable lessons that they can use throughout their lives.

### ACTIVITIES:

*Etiquette | Cooking | Art | Fashion Design (Sewing) | Braiding | Team Building | Horse Back Riding | Yoga & Meditation | Skin Care | Healthy Living| Confidence Building | CPR & 1st Aide | Babysitting*

### OUR TRAVEL FIELD TRIPS

- TAKE PLACE EVERY FRIDAY -

#### JEYKELL ISLAND WATER PARK

(Georgia) \$49

#### BUTTERFLY GARDEN

(Gainesville, Fl) \$49

#### JACKSONVILLE ZOO

(Jacksonville, Fl) \$49

#### SWEET PETE CANDY

(Jacksonville, Fl) \$49

#### DAY AWAY BEACH RETREAT

(ST. GEORGE ISLAND)

= LOCAL VENUES =

URBAN AIR (\$30) \* MOVIES (\$25)

BOWLING (\$25) \* LOCAL POOL (\$25)

### NOTES:

\*If you choose for your daughter NOT to participate in fieldtrips, alternate care is required.

## RETREAT

*19 Years - Best Camp Ever!*

## It's A Summer Party

Girl's 7 - 11 Yrs.

Invited to come bask in the luxury of an exciting Summer camp experience. Spend time with new friends laughing, learning, and discovering the BEST in you!

**June 5th - July 31st**

INCLUDED: CAMP SHIRT | SUPPLIES & MATERIALS

**\$95 Non-Refundable Registration**

WKLY FEE @ \$195 ( Prior 4/30) | WKLY FEE @ \$225 (After 4/30)

\*Fieldtrips Not Included | Bring Own Lunch & Snack | No Electronics

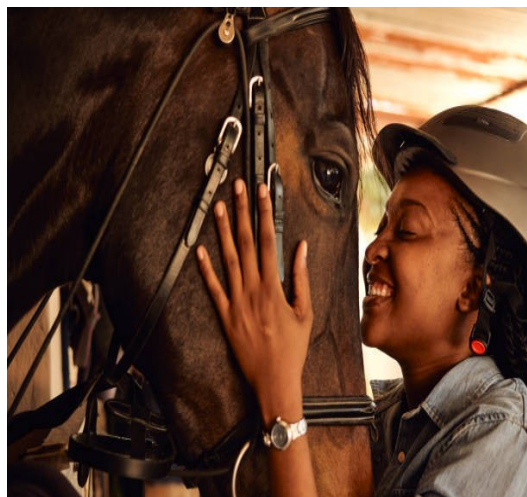
NO SCHOLARSHIPS!

**HOURS: Monday - Friday @ 8a - 530p**

**Book Early!  
+850 847-3875**

1839-D S. Monroe Street  
Tallahassee, FL 32301

WEBSITE:  
[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)





# FINDING YOUR INNER SPACE



## EVENTS:

**SPA PARTIES | ART SHOWS | POP-UP SHOPPING | AMERICAN GIRLS TEA | BREAKFAST AT TIFFANY'S | KENTUCKY DERBY HAT SHOW | PRETTY, POWERFUL, & PROFESSIONAL | MY SHOE FETISH | THE POSITIVE PURSE | PAINT WITH A PURPOSE**

At **RETREAT**, we offer planned events and experiences that embody the exciting lifestyles of girls and women today. There is always a reason to dress up and feel pretty! At **RETREAT**, we provide experiences to empower, inspire, and rejuvenate the spirit, be it an etiquette course designed to meet personal and professional etiquette needs or an afternoon tea. Our events are fun, yet detailed with information that will help girls and women build the confidence needed to be successful in any setting or situation.



## MINDFUL CLASSES:

**DANCE | SELF DEFENSE | YOGA | COOKING | ART | FASHION (KNITTING & SEWING) | GARDENING | UPHOLSTERY | HOUSEKEEPING | BRAIDING**

At **RETREAT**, Our team of wellness experts is dedicated to providing girls and women with group and individual guidance through wellness services to help reach health goals set to becoming a better you!



## WELLNESS WORKSHOPS:

**MEDITATION | CPR & 1ST AIDE | COOKING | HYGEINE | DENTAL | BABYSITTING | SKIN CARE |**

At **RETREAT**, we offer a wide range of wellness workshops and classes, designed to guide girls and women to better personal self-care.



**YOU'RE INVITED.....DON'T MISS OUT!**



**COST: \$145**  
 (Combined Classes)  
 1st Aid & CPR - \$75  
 Babysitting - \$75

**American Jr. Babysitter's Club**

**Becoming A Babysiter:**

American Junior Babysitter's Network...  
 "Caring for a child is a HUGE responsibility. Get prepared to become the best SITTER EVER!"  
**CPR | AED | FIRST AID CERTIFICATION | BABYSITTER CERTIFICATION**  
 ...Is an interactive training course that teaches girls aged 11 to 16 years old the business of receiving professional babysitting and safe childcare experiences. Girls learn hands on responsibilities of a sitter, how to handle and care for new babies, toddlers, preschoolers and school-aged children. Other vital lessons learned are how to deal with real life emergencies with basic first aid and CPR training given by trained professionals in a safe and comfortable location.

**TRAINING INCLUDES:**  
 Babysitter Certification | American Red Cross First Aid - CPR - AED Certification | Course Material | Business Card Template | Resume Template | Gift Bag | Continental Breakfast | Lunch Express

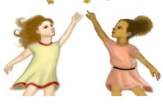
**2024 Workshop Dates:**  
 ✓ May 11th @ 9a - 3p  
 ✓ June 8th @ 9a - 3p

**WHO:**  
 Girl's Ages: 11 - 16

**What You Will Learn:**  
 ✓ Understand how to interact with children  
 ✓ Provide children with stimulating Activity  
 ✓ Know how to respond in an emergency  
 ✓ 1st Aid and CPR Training

**REGISTER EARLY:** **850-847-3875** **www.daretodreamyounggirls.com**  
 1839-D S. MONROE STREET, Tallahassee, FL 32301

IT'S HER..... **1<sup>ST</sup>**



**PERIOD**

**GIRL'S TALK & CELEBRATION!**

SATURDAY, MAY 4TH 12:00PM | 2:00PM

Girl's: 9 - 14yrs  
 \$45.00 pp



**RETREAT**  
 BY: DARE TO DREAM YOUNG GIRL'S NETWORK  
[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)  
 1839-D S. MONROE ST \* TALLAHASSEE, FL  
**SAVE HER SPOT TODAY!**  
**BY: APRIL 26TH**  
**AT +850-847-3875**



A PODCAST...JUST FOR HER

**STRAWBERRY SUNDAY**

Sunday's  
**4.00 PM**

Save Our Girl's!  
**AGE: 11 - 17 YRS**

Refreshments Served



with **IT'S GIRL'S TALK TEENS**

Our girls have alot to say, and this is their outlet to express themselves.

Location: 1839-D S. Monroe Street \* Tallahassee, FL  
[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)

BOOK A GIRL'S DAY OUT SPA PARTY TODAY!

**RETREAT**

BY: DARE TO DREAM YOUNG GIRL'S NETWORK, INC.

**FREE GIFT FAVOR!**

*It's A Sparty Just for Her!*

FACIAL PAMPERING | HAND TREATMENT | FOOT THERAPY  
 \$65PP OR BOOK A PARTY | \$395 PARTY | \$695 PARTY

LOCATON: 1839-D S. Monroe Street \* Tallahassee, FL  
[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)

**MAKE YOUR DAY, THE BEST DAY EVER!**

**WELLNESS CENTER FOR GIRL'S AND WOMEN: WORKSHOPS, CLASSES, CAMPS, SPA, FITNESS...**



Enrichment Events, Workshops, and Camps for Girl's

# RETREAT *activities*



## CALENDAR

# 2024

### 1ST PERIOD \* GIRL'S TALK

**04**  
MAY

We invite TWEEN and TEEN girls to register for our beginner menstrual hygiene course. REGISTRATION REQUIRED BY: 4/26/24 @ \$45pp (Refreshments & Gift Favor Incl.) (Girls Ages: 9 - 14 | 4th - 8th Gr.) SESSION 1 @ 12N | SESSION 2 @ 2P

**02**  
JUNE

### STRAWBERRY SUNDAY - PODCAST

We invite TWEEN/TEEN girls to attend this fun-filled girls meditation/yoga experience as we discuss: "HANDLING TEEN CONFLICTS". REGISTRATION REQUIRED BY: 5/30/24 @ \$FREE (First 10 GIRLS) (Girls: 11 - 14 | 6th - 9th Gr) EVENT @ 4P

### STRAWBERRY SUNDAY - PODCAST

**05**  
MAY

We invite TWEEN/TEEN girls to attend this fun-filled girls spa experience as we discuss: "TEEN - PARENT RELATIONSHIPS" REGISTRATION REQUIRED BY: 4/29/24 @ \$FREE (First 10 GIRLS) (Girls: 11 - 14 | 6th - 9th Gr) EVENT @ 4P

**08**  
JUNE

### CPR - BABYSITTING CLASSES FOR TEENS

We invite you to register for our hands-on CPR/ 1st Aide and Babysitting Classes. @ \$145pp (Certificate and Lunch Incl.) (Girls Ages: 11 - 16 | 5th-9th Gr.) EVENT @ 9A - 3P

**11**  
MAY

### CPR - BABYSITTING CLASSES FOR TEENS

We invite you to register for our hands-on CPR/ 1st Aide and Babysitting Classes. @ \$145pp (Certificate and Lunch Incl.) (Girls Ages: 11 - 16 | 5th-9th Gr.) WORKSHOP @ 9A - 3P

**16**  
JUNE

### STRAWBERRY SUNDAY - PODCAST

We invite GIRLS and WOMEN to register for our beginner SELF-DEFENSE course. REGISTRATION REQUIRED: 6/05/24 @ \$45pp (Snacks and Gift Favor Incl.) (Girls Ages: 9 - UP | Women) EVENT @ 4P

**REMINDER: Summer Camp Registration**



**29**  
JUNE

### SPA ESCAPE & REVITALIZE

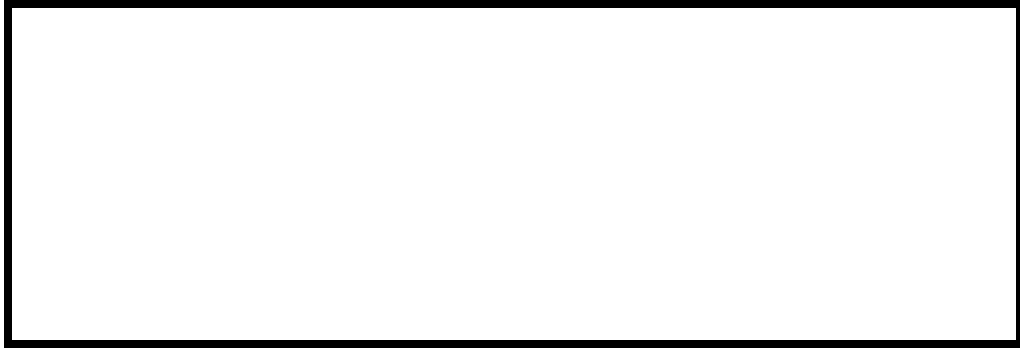
We invite YOUNG girls to attend this fun-filled "Girl's Day Out". Experience a personal spa to celebrate the coming of Summer.. REGISTRATION REQUIRED BY: 6/25/24 @ \$65pp (Lunch & Favor Incl.) (Girls Ages: 7 - 10 | 1st - 5th Grade) EVENT @ 12P - 2P

## RESERVE YOUR SPOT TODAY!

# (850)847-3875



Powered By: Dare to Dream Young Girls Network, Inc.  
[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)



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**BY DARE TO DREAM YOUNG GIRLS**  
**1839-D S. MONROE STREET**  
**TALLAHASSEE, FL 32301**



**f RETREAT**  
 Dare to Dream Young Girl's Network, Inc.

**WELLNESS JUST FOR...**

**HER.**

At RETREAT, we offer a wide variety of services for teen girls including, but not limited to hosted private & group spa parties, planned events, workshops, instructional classes, and an apprentice work program. RESERVATIONS MAY APPLY

**OUR SERVICES**

- Ages: 11 - 15 (5th - 9th Grades)
- Strawberry Sunday - Its Girl's Talk (PODCAST)
- CPR/ 1st Aide/ Baby Sitting Classes
- Hygiene Giant - Saturday Workshops
- Apprentice Work Program (Spring/Summer)
- Social Media Workshops
- Travel: College Tours
- Spa Parties (Private & Groups) & MORE!



**GET IN TOUCH**  
**850-847-3875**

www.daretodreamyounggirls.com  
**VISIT US: 1839-D S. Monroe Street**  
 Tallahassee, Florida 32301



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**WELLNESS JUST FOR...**

**HER.**

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**OUR SERVICES**

- Ages: 6 - 10 (1st - 5th Grades)
- Spa Parties
- Etiquette Courses
- Girl's Day Out Retreats
- Cooking Basics
- Fashion By Design
- Hints of Summer Camp for Girls
- SCHEDULE A SITE VISIT & BOOK TODAY!



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