

SPA ESCAPE & RETREAT

September - October 2025 Issue

Dare to Dream Young Girls Network, Inc.



COME COOK WITH US!
September 6th



September 7th

A guide full of tips
for HER to YOGA!

CPR CLASS...FREE!
September 13th



COME RETREAT
WITH ME!

Girls Day Out
October 13th

Join The Girls Inside!
www.daretodreamyounggirls.com

A MESSAGE JUST FOR HER.....



Kimolyn Ferrell, Founder & President

HAPPY FALL



THE CHANGE OF SEASON IS UPON US

Hello Girl's,

It's Mrs. Kim, the Founder and President of Dare to Dream Young Girls' Network, Inc. As the season of Fall is upon you, look forward to seeing the warm colored leaves, feeling the crisp whispering air, and lots of fun things to do. Excitedly, you can look forward to middle and high school football, the Fall dances, the county fair, and a series of holiday breaks off from school. Oh, and don't forget the Halloween haunted house we talked about over Summer! Don't worry, we will keep you in the loop.

Dare to Dream Young Girls' will host several fun classes, educational workshops, and activities as well throughout the season and having fun while learning exciting new things with; Cooking Basics for Girls', Passport to The Arts, Fashion By Design & Sewing, Spa Escapes, Vibes Yoga & Cool Sound Meditations, and so much more. It's that time of year you must work hard at school so that you are able to participate in the many fun activities.

Don't forget, **RETREAT** By Dare to Dream Young Girls is here to help support your journey in a positive direction. We are just a click or phone call away.

(850)847-3875 or www.daretodreamyounggirls.com

Sincerely, "Mrs. Kim"



THIS IS US...

OUR MISSION

At RETREAT By Dare to Dream Young Girls Network, Inc., our mission is to empower, inspire, and support girls with strong wellness outcomes of a positive MENTAL, PHYSICAL, and SPIRITUAL well-being in everyday life.

OUR PURPOSE

RETREAT By Dare to Dream Young Girls Network Inc., is a Wellness Center for Girls. It was created by our Founder Kimolyn Ferrell. Dare to Dream Young Girls Network, Inc. is a nonprofit, founded in May 2005. DTDYG is an organization for girls in Tallahassee, FL., promoting wholesomeness. DTDYG has enriched more than 3,000 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.



OUR PROGRAMS

Our programs have empowered over 3,000 girls in the past 20 years. Over the years, our primary focus has been educational enhancement. As we've powered forward, our programming primarily 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 can be used throughout their lives.

**Academics, Art, Camps, Cooking,
Counseling & Emotional Support, Art,
Entrepreneurship, Fashion,
Health & Wellness**



Girl's 9 - 11

**www.daretodreamyounggirls.com
dream@daretodreamyounggirls.com**

850-847-3875



INTRODUCING THE FUTURE...

WELLNESS AMBASSADOR

Miss Kalanie Ayodele Peck...

Has been named the 2025 - 2026 Health & Wellness Ambassador for Dare to Dream Young Girls' Network, Inc. It is that of her outgoing personality, attention to detail, and her ambitions for her future that Kalanie has been given the opportunity to serve this organization.

This 11 year old, 7th grader who recently relocated to Central Florida from Tallahassee to chase her dreams. She is an honor student, attending Horizon Middle School in Orlando, Florida. She has 2 younger siblings that look up to her. Like most typical teens, Kalanie enjoys her friends, likes playing outside, and making up dance routines to keep her busy in her spare time. Because she is an honor student free time doesn't come easy for one that strives for getting good grades. In school she is always on the A/B honor roll. She takes pride in being focused and doesn't take it lightly when it comes to her studies. She is on a mission to one day become a business owner, a Realtor or even become a Dentist.

Kalanie is very competitive. She is a star athlete, playing Volleyball. She has played for 4 years with the same team, Chela and Chamo vertical volleyball league in Orlando Florida. Her position is a middle blocker and hitter. Her recent move to Central Florida was to play volleyball on a strong travel team and gain better opportunities. This athletic player also plays other sports like track and flag football for fun during spring and summer. Kalanie says, "my favorite type of music is R&B and K-pop. I love these two genres because they are full of joy and peace." We look forward to seeing how this young lady will make her mark on the wellness space with Dare to Dream.

JR. YOGA INSTRUCTOR

Miss Maxine Pierre ...

Has been named the 2025 - 2026 "Vibes" Jr. Yoga Instructor for Dare to Dream Young Girls' Network, Inc. It is because of her unwavering commitment and discipline that this 11 year old will lead the monthly yoga classes to young girls' of her peers. Maxine shines with confidence and is very comfortable in her own skin. Although she's not a social butterfly, we expect this experience will bring out the light that shines within. Maxine is a 7th grader who attends Swift Creek Middle School. When she was in the 1st grade, her academic abilities exceeded the requirements of advancement, therefore she was promoted up a grade to maintain her outstanding learning abilities. Her favorite subject in school is Civics.

Maxine is very athletic. She plays volleyball for TVA Tallahassee Volleyball Academy, a city league. She would like to do other activities like gymnastics if her schedule would allow. She says, "I get a lot of sleep and drink lots of water daily. I take a large jug to school each day." She is the sibling to one older brother and one younger sister. She enjoys spending time with her family. Her happiness comes in the form of money and food.

Maxine inspires to become a psychologist in her professional career. She also wants to become an actress. In her spare time, she loves to listen to pop music. She does not have a favorite artist though. She enjoys traveling especially to West Palm Beach, that is where most of her family lives.

We look forward to having Maxine lead our young girls into a healthier lifestyle at Dare to Dream Young Girls.



YOGA & MEDITATION FOR GIRLS'

GIVING HER A NEW WAY TO FOCUS

RETREAT

By Dare to Dream Young Girl's Network, Inc.
INVITES HER TO ATTEND....



VIBES

YOGA AND MEDITATION CLASSES FOR GIRL'S
LEARNING TO RELAX HER MIND, BODY & SOUL!

FREE: Ages: 8 - 12 yrs

1st & 3rd | SUNDAY'S | 4p - 5:30p

RETREAT/ 1839-D S. MONROE STREET

WWW.DARETODREAMYOUNGIRLS.COM | (850)847-3875

MUST REGISTER TO ATTEND

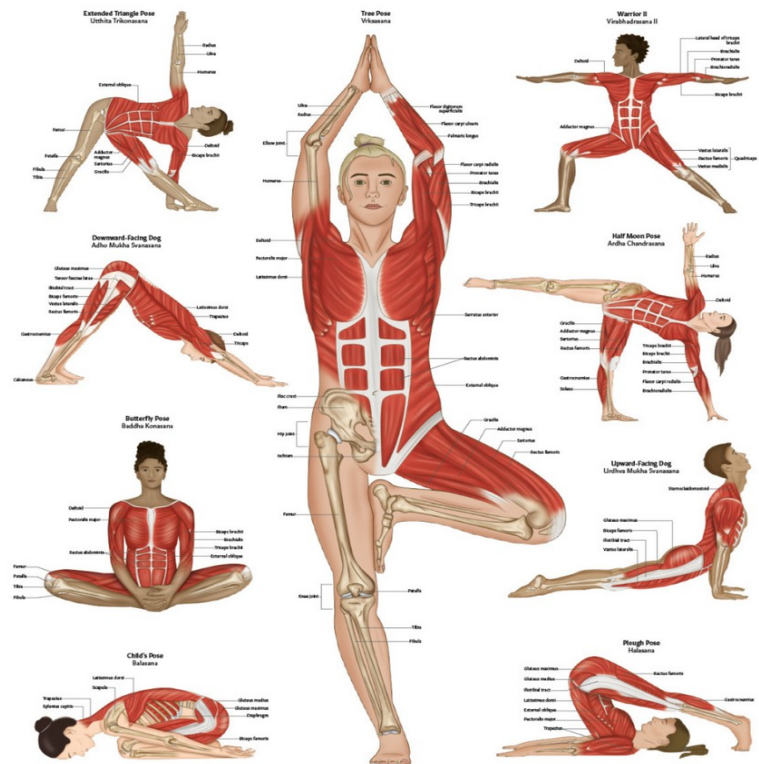


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Girls learning the power of discipline, focus, and wellness for the mind, body, and soul.

YOGA ANATOMY



WELLNESS CENTER FOR GIRL'S AND WOMEN: RETREATS, WORKSHOPS, CLASSES, AND CAMPS

COME JOIN THE GIRL'S THIS FALL...

COOKING

DARE TO DREAM YOUNG GIRLS NETWORK, INC.

Cordially Invites Her...

In celebration of
20 YEARS

COOKING BASICS FOR GIRLS

\$45/pp

WE ARE COOKING UP A YUMMY GOOD TIME

Girls: 8 - 12yrs

Saturday, SEPT. 6th, 20th | at 9:00 AM

1839-D S. MONROE STREET
TALLAHASSEE, FL 32301
PH: (850)847-3875

RSVP - www.daretodreamyounggirls.com

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Learn Child & Infant CPR

Each class will cover infant and child CPR and how to use an AED (Automated External Defibrillator). Upon class completion, each participant will be given a CPR video and a mannequin to take home and practice. These classes are FREE. There is no certification upon completion.

DATE	TIME	LOCATION
September 13th, 2025	10:00am -12:00pm	Cross Creek Family Resource Center 2002 Old St. Augustine Rd. Building A Suite 50 Tallahassee, FL, 32301

REGISTRATION IS REQUIRED TO ATTEND

To register for this class:
SCAN THIS QR CODE
OR
Visit our website:
WWW.CAPITALAREAHEALTHYSTART.ORG

Sponsored by:

FREE CPR Classes Available Now!

Made with PosterMyWall.com

TEEN GIRLS

YEAR-ROUND ACTIVITIES | WORKSHOPS

Etiquette | Cooking | Art | Fashion Design (Sewing & Crocheting) | Team Building | Yoga & Meditation | Skin Care | Healthy Living | Emotional Support Services | Confidence Building | CPR & 1st Aide | Babysitting | Horseback Riding | Bee Keeping & MORE!

FASHION

A BEGINNER'S Sewing Class

JUST FOR GIRL'S * 9 - 14YRS

SATURDAY 13th | SEPTEMBER

FROM 2PM - 4PM

\$49

PER LESSON AT (6) WEEKS

REGISTER BY: 9/5/2024

POWERED BY: FASHION BY DESIGN

INFO (850)847-3875 www.daretodreamyounggirls.com

1839-D SOUTH MONROE STREET

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ITS GIRL'S TALK, INC. PRESENTS

A Girls Day Out

13 OCT

Learn to Love Yourself...

A Spa Escape & Retreat Just for Her
Girls: 7 - 11 yrs.

Reservation FULL DAY @ 9:00a - 4:00p
www.daretodreamyounggirls.com/ (850)847-3875

LOCATION: RETREAT @ 1839-D S. MONROE ST. TALLAHASSEE, FL

Reg Fee \$65.00
Includes: FULL DAY Spa Services Treats | Favors

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WELLNESS

WELLNESS CENTER FOR GIRL'S AND WOMEN: RETREATS, WORKSHOPS, CLASSES, AND CAMPS

YOU'RE INVITED TO SUPPORT ...

DARE TO DREAM YOUNG GIRLS
INVITES YOU TO SUPPORT.....

2025

JULY - DECEMBER

HER 1st



BACK TO SCHOOL SANIATRY DRIVE
HELP US EMPOWER HER HEALTH



REACH US THROUGH...

850-847-3875

dream@daretodreamyounggirls.com

Items Needed:
Sanitary Pads, Panty Liners, Wipes,
Small Tissue Packs, Travel Soap,
Travel Size Lotion,
Toothbrushes, Toothpaste,
Deodorant

DONATE
A PACK



DROP OFF SPOT

Dare to Dream Young Girl's Network, Inc.
1839-D S. Monroe Street * Tallahassee, FL 32301



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www.daretodreamyounggirls.com

WE NEED YOUR HELP!



WELLNESS CENTER FOR GIRL'S AND WOMEN: RETREATS, WORKSHOPS, CLASSES, AND CAMPS

IT'S SPARTY SEASON

THE PERFECT BIRTHDAY PARTY SPOT IS HERE

BOOK HER BIRTHDAY SPA PARTY TODAY!



Facials, Botanical Mani's & Pedi Foot Therapy

WWW.DARETODREAMYOUNGIRLS.COM

