

COOKING BASICS FOR GIRL'S & FASHION BY DESIGN
YOGA AND MINDFUL MEDITATION FOR GIRL'S

PASSPORT TO THE ARTS

RETREAT

SPA PARTIES & GIRL'S DAY OUT
WELLNESS & ETIQUETTE WORKSHOPS

JANUARY 2025 EDITION
GIRL'S 6 - 12

Www.daretodreamyoungirls.com
dream@daretodreamyoungirls.com

850-847-3875



HAPPY NEW YEAR!

Teenage Birthday Party Ideas in Winter

DARE TO DREAM YOUNG GIRL'S NETWORK, INC.

A MESSAGE JUST FOR HER.....

Happy New Year!"

*My name is Kimolyn Ferrell, known as "Mrs. Kim." I am the Founder and President of Dare to Dream Young Girl's Network, Inc., and the Wellness Coach at **RETREAT**. I come to you with a love and passion for guiding girl's and women to learn the importance of positive health and wellness through mental, physical, and spiritual practices. I started this organization to make an impact and serve girl's in my community into becoming better stewards of good health & wellness.*

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



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 nonprofit, founded in May 2005. DTDYG is an organization for girls in Tallahassee, Florida, promoting wholesomeness. 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.

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



**WELLNESS JUST FOR...
HER.**

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

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

GET IN TOUCH
850-847-3875
www.daretodreamyounggirls.com
VISIT US: 1839-D S. Monroe Street
Tallahassee, Florida 32301



**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!



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

COOKING CLASSES

OUR ENRICHMENT...

2025 WINTER - SPRING ENRICHMENT EXPERIENCES

Our **WINTER | SPRING ACTIVITIES** have empowered over 3,000 girls in the past 20 years. Over the years, our primary focus has been on educational enhancement. As we power forward, this years **ACTIVITIES** 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.

OUR ACTIVITIES:

*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!*

SPA SERVICES



ART CLASSES



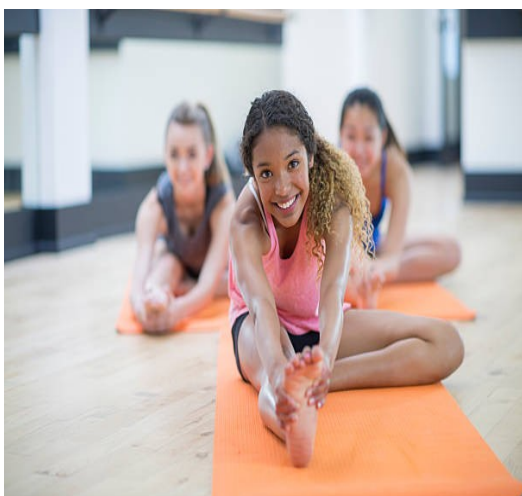
SEWING



1ST PERIOD



YOGA SESSIONS



BABYSITTING



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

LET'S MEET THE FUTURE...



Taryn Ariana Samuel, a 14 year old rising High School Freshman, enrolled at James S. Rickards High IB Program. This amazing young teen has set her aim high to further her educational pursuit after high school and enroll into college. There she will have a double major in Biomedical Engineering, Molecular Biophysics, and Biochemistry. “If given the chance, I would like to have a minor in Spanish, to break language barriers between potential colleagues that I may encounter in the future”, says Taryn.

Taryn is definitely going to be a “*force*” to be reckoned with amongst her peers. She will be marching with an elite group of teens in the future class of 2028.

Taryn, a teen with a clear vision of her future, speaks with clarity on the mission at hand. She has always been a determined and focused student. As she navigated the three years in middle school, she remained driven to succeed and achieve optimum results.

Taryn’s guide to academic success goes beyond the normal expectations of paying attention and good note taking in class. She states, “all of these things are great, but very broad pieces of advice.” She strongly feels that having a good work ethic or having an incentive to work hard motivates one’s enthusiasm. In today’s generation of young

adults, they are fueled by challenges and competitiveness. It seems to encourage a student to succeed academically. “Although, being competitive motivates them to succeed, it should not be solely based on competition alone”, replies Taryn. A student’s focus and attentiveness can become stifled and their attention is misguided if too much attention is placed on other fellow students. Taryn states, “my biggest piece of advice is therefore focusing on your own work and committing to a good work ethic.”

Recently, Taryn was awarded over (9) Academic and Social Awards. Many of them which can be used in future academic endeavors. Some of the awards included: The President’s Education Award (Having All “A’s” 3 years straight) | Top Student Award | District History Fair Participant Award | Jr. Beta Club Gold Service Award | ICT Fundamentals v1.0 Certificate | ICT Digital Citizenship & Ethics Certificate | Science Fair Participant Award | The MLK Doers and Dreamers Award

Outside of school, Taryn enjoys playing the piano, playing soccer, and having a love of reading.

As she begins her 4 year journey into high school, she reflects upon the culture of middle school today. As we all know, middle school is the catalyst or stepping stone to entering into high school. Middle school is designed specifically to guide students and prepare them for their journey through high school, offering extra curricular opportunities, such as sporting outlets and clubs.

Taryn plans to continue being involved in high school, with primary focus on her academic studies. The advice from a strong willed and focused student like Taryn is definitely helpful to those seeking the same kind of academic and social success. **NOTED:** Taryn was enrolled in Dare to Dream Young Girl’s for over (3) years (4th - 6th Grade).

Written & Supported By: Kimolyn Ferrell & Taryn Samuel

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

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

DARE TO DREAM YOUNG GIRL'S
PRESENTS
Cooking Basics for Girl's
WEEKEND CULINARY CLASSES



Space is
limited So
Register
Today!

COME JOIN CHEF "KENZIE and CHEF "K"

Registration Fee: \$48 Per Session / (4) Classes @ \$175

Culinary Details:

For Ages 6 - 12 Yrs

Location:

1839-D S. Monroe Str.
9AM-12:30PM

Culinary Schedule

Jan. 18th - Knife Skills

Feb. 15th - Sweet Treats

Mar. 15th - Mini Meals

April 5th - Cupcake Wars

Girl's Explore The Culinary Arts And Enjoy Doing It!

THE EXPERIENCE: Learning Kitchen Staples; Safety, Utensil Use, Cutting, Mixing, Stirring, Folding, Sifting, Basting, Boiling, Frying, Baking, Caske Decorating, Meal Planning, Table Setting, & More.

FOR MORE INFORMATION & DETAILS: VISIT OUR WEBSITE

www.daretodreamyounggirls.com

850-847-3875

ITS GIRL'S TALK, INC. PRESENTS

A Girls Day Out

Reg Fee \$65.00
Includes:
2hr-Spa Services
Treats | Favors

22 FEB

Learn to Love Yourself...

A Spa Escape & Retreat Just for Her
Girls: 6 - 12 yrs.

Reservation Slots @ 2hrs: 9:00a/ 12:00p/ 4:00p
www.daretodreamyounggirls.com/ (850)847-3875

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

IT'S HER... 1ST



PERIOD

A GIRL'S TALK & CELEBRATION OF HER FIRST
WITH
ILLUSTRATION, PARTICIPATION, & GIFT FAVORS

SATURDAY, MARCH. 8TH 10:00AM - 12:00PM



Girl's: 9 - 14yrs

\$45.00 pp

RETREAT

BY: DARE TO DREAM YOUNG GIRL'S NETWORK

www.daretodreamyounggirls.com

1839-D S. MONROE ST * TALLAHASSEE, FL

SAVE HER SPOT TODAY!

BY: FEBRUARY 28TH

AT +850-847-3875



OPEN FOR REGISTRATION @ JAN. 1ST - JAN. 31

\$55
PER 1 HR SESSION

1-ON-1 PROFESSIONAL TUTOR

YOUTH 7-12 yrs | 1st - 6th Grade

READING & MATH

Services Include:

Reading & Comprehension

Math Comprehension & Clarity

Homework Completion | Test Preparations

Project Support



SUNDAY, MONDAY, THUR



4:30PM-7:00PM



MRS. KIM
Professional Educator
20 + YEARS



CONTACT:

Phone: (850) 847-3875

Email: dream@daretodreamyounggirls.com

SERVICE LOCATION: 1839-D S. MONROE STREET
TALLAHASSEE, FLORIDA 32301

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

TOP 10 BIRTHDAY PARTY IDEAS



BIRTHDAY PARTY IDEAS

1. Hotel Pool Party
2. Skate Party
3. Slumber | Movie Party
Outdoors
4. Themed Tent Party
5. Spa Party (Facials, Mani's)
6. Paint & Pizza Party
7. Tie Dye Party
8. Cupcake Wars & Décor
Party
9. Theme Park Party
10. Picnic Themed Party





RETREAT
BY DARE TO DREAM YOUNG GIRLS
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TALLAHASSEE, FL 32301

HAPPY NEW YEAR!



BOOK HER SPA PARTY TODAY!

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