

# Be Our Valentine's



## Let LOVE Begin...

### Cooking | Spas | Yoga...& More!

At Dare to Dream Young Girls, our mission is to support girls with positive wellness outcomes of mental, physical, and spiritual well-being in everyday life.

**(850) 847-3875**

We offer a wide variety of services for girls, including but not limited to hosted spa parties for girls, planned events and workshops, instructional classes, seasonal camps, and emotional wellness services

(Reservations Required)



daretodreamyounggirls

**www.daretodreamyounggirls.com**



# A MESSAGE JUST FOR HER

LET'S TALK ALL THINGS LOVE...



## Hello Girls'!



In February we celebrate **Valentine's**, and this issue will be dedicated to **YOU**, and I want to tell you a little bit about **LOVE**.

**L**ove is...**Love**.

Love is complex, love is a multifaceted experience of deep affection, care, and connection, encompassing strong emotions like warmth, passion, and attachment for people, animals, or things. **Love** is often involving protectiveness, respect, and a selfless concern for another's well-being. **Love** is extending beyond mere feelings to actions like support, trust, and commitment. **Love** is a fundamental drive that fosters bonds, provides belonging, and motivates actions for others'. **Love** is good, varying greatly from romantic and familial love, to platonic bonds or devotion to something that people have in common, like a hobby.

When I think of **LOVE**...I see happy smiles, hugs, and being kind to all people, animals, and things. I see **LOVE** as the feelings of inner peace, and joy within. I see **LOVE** as understanding, being supportive to others, and being a beacon of light for someone when they are down.

So, when you are moving about your journey...don't forget to share **LOVE**, tell someone you **LOVE** them, and open up your heart to share a kind gesture of **LOVE** with a hug.

Remember, Dare to Dream Young Girls' is here to support your journey, we are just a phone call, click or hug away.

Love and Blessings,

Kimolyn Ferrell, Founder and President

Phone: (850)847-3875 | Email: [dream@daretodreamyounggirls.com](mailto:dream@daretodreamyounggirls.com)

LIMITED SPACES AVAILABLE

\$65

PER 1.5 HR SESSIONS

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 - THURSDAY

2:00 PM - 6:00 PM

MRS. KIM

Professional Educator

20+ YEARS

CONTACT:

Phone: (850) 847-3875

Email: [dream@daretodreamyounggirls.com](mailto:dream@daretodreamyounggirls.com)

SERVICE LOCATION: 1839-D S. MONROE STREET

TALLAHASSEE, FLORIDA 32301

DARE TO DREAM YOUNG GIRLS' NETWORK \* [WWW.DARETODREAMYOUNGIRLS.COM](http://WWW.DARETODREAMYOUNGIRLS.COM)

# THIS IS US...

## OUR MISSION

At 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.

## 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!

## REGISTER TODAY!

## 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 is 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.

**Girl's 7 - 12**

**[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)**  
**[dream@daretodreamyounggirls.com](mailto:dream@daretodreamyounggirls.com)**

**850-847-3875**



## OUR PURPOSE

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 non-profit, 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.





Immerse HER In Our Restorative  
Wellness Experience.

# Revitalize HER Senses



Ages: 6 - 14 Years

## OUR SERVICES

- Spa Parties
- Girl's Day Out
- Facials | Foot Therapy | Hand Treatments
- Themed Activities: Cooking | Art | Yoga

**BOOK NOW!**

(850) 847-3875 | [dream@daretodreamyounggirls.com](mailto:dream@daretodreamyounggirls.com)  
1831 S. Monroe Street, Tallahassee, FL 32301



DARE TO DREAM YOUNG GIRLS' NETWORK, INC. [WWW.DARETODREAMYOUNGIRLS.COM](http://WWW.DARETODREAMYOUNGIRLS.COM)



# KNOW YOUR 1ST TRUE LOVE...



**A Mother's Love** is a profound, unconditional, and powerful bond characterized by selfless nurturing, unwavering support, and deep protection, forming the core of her daughter's self-esteem and development, acting as a guiding light, a source of comfort, and an unbreakable foundation for life. A mother's love is often described as a unique, spiritual, and enduring force that shapes her daughter's sense of worth and capacity for love and empathy.

What Is unconditional? It's a love that isn't dependent on a mother's achievements or successes, and providing a secure sense of being

valued. Mother's are protective and nurturing. They learn by instinct to be strong, often fierce, and given an instinct to safeguard and provide all things necessary for their daughter. Mother's are the guiding light that gives wisdom, direction, and comfort in times of fear or darkness for their daughter. They are enduring and selfless: It's a constant, lasting force that prioritizes their daughter's well-being. A mother's empowerment gives their daughter roots to grow and wings to fly, fostering dreams and independence.

Daughter's require emotional support and the love from their moms are always there to comfort them. Their presence is there to wipe away the tears, and offer understanding. A mother's love helps to build self-esteem, while growing with their daughter's, transmitting a sense of being, value, and love.



**REMEMBER:** As you grow, your mother will constantly be teaching with empathy while guiding your ability to relate to and care for others. You will always have a lasting bond in your relationship as mother and daughter. You will always have a connection that continues to influence and support each other throughout life. **YOUR MOTHER, IS YOUR 1ST LOVE.**



**FOR THE LOVE OF COOKING...**

**DARE TO DREAM YOUNG GIRL'S  
PRESENTS**

Space is  
limited, So  
Register Early!



**Cooking Basics for Girl's**

**A Weekend Culinary Experience | Ages 6 to 14**

**REGISTRATION | \$65pp**

**Kitchen Staples**

**9AM-12:30PM**

**SATURDAY**

**FEB. 7TH**

**"It's On The Stove"**

**Baking 101**

**9AM-12:30PM**

**SATURDAY**

**FEB. 21ST**

**"What's In The Oven?"**

***Explore Culinary Art And Have FUN Doing It!***

**FOR MORE INFORMATION & DETAILS: VISIT OUR WEBSITE**

**LESSONS LEARNED: Basic Kitchen Skills (Do's and Don't) | Recipe Readings | Grocery Shopping |  
Measuring | Mixing | Folding | Stirring | Beating | Cutting | Boiling | Baking | Table Setting & More**

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**850-847-3875**

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



JOIN THE GIRL'S...EXPRESS SELF LOVE

# VIBES...

## Yoga & Meditation for Girls'



**GIVING HER A NEW  
WAY TO FOCUS...**

*Learning the power  
of discipline, focus,  
and wellness for the  
mind, body, and soul.*

**FREE SESSIONS  
MUST  
REGISTER!**


**1st and 3rd Sunday's @ 4:00p - 5:30p**  
**[www.daretodreamyounggirls.com](http://www.daretodreamyounggirls.com)**

1839-D S. Monroe St., Tallahassee, Florida 32301

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# ~LOVE THYSELF...WITH LOVE~



"Love yourself enough to create an environment in your life that is conducive to the nourishment of your personal growth. Allow yourself to let go of the people, thoughts, and situations that poison your well-being. Cultivate a vibrant surrounding and commit yourself to making choices that will help you release the greatest expression of your unique beauty and purpose."

- Briana Wiest




"Stop wanting things and put all your energy into becoming the kind of person that would already have them"

- Jesh De Rox



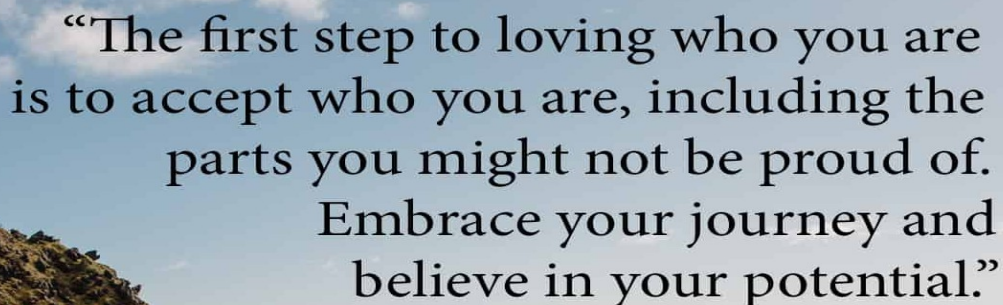
"Let's not be afraid of shining the light on what feels terrifying to be seen because you deserve to be seen; every beautiful, unexplainable, mysterious edge of you deserves to be seen and held by your precious loving hands."

- Lumalia



"Stop making yourself smaller to fit into some narrative to be more pleasing to the world."

- Chelsie Diane



"The first step to loving who you are is to accept who you are, including the parts you might not be proud of. Embrace your journey and believe in your potential."

- Jasmine Star

