

RETREAT

By Dare to Dream Young Girls Network, Inc.

1839-D S. MONROE STREET | TALLAHASSEE, FL 32301

PHONE: 850-847-3875

EMAIL: dream@daretodreamyounggirls.com

www.daretodreamyounggirls.com



SPECIAL ISSUE:
JULY - AUGUST 2025



Spa Escape & Retreat | Vibes Yoga
Cooking Basics for Girls | Fashion By Design
Passport to The Arts | It's Girl's Talk
Strawberry Sunday | Youth In Government Girls

A BACK TO SCHOOL SURVIVAL GUIDE JUST FOR GIRLS



6 -14 YEARS OLD

A MESSAGE JUST FOR HER.....



Kimolyn Ferrell, Founder & President

EDUCATION

OPEN FOR REGISTRATION

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

MONDAY - THURSDAY
4:00PM - 6:00PM

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

\$55
PER 1 HR SESSION

ARE YOU READY FOR SCHOOL?

Hey Girl's,

As the Founder and President of Dare to Dream Young Girls Network, Inc., I want you to know that there's someone in your corner, in the months ahead as you prepare to get back into the swing of things. Although your Summer has been filled with family vacations, family reunions, spending time with grandparents, and just having fun doing exciting camp activities; **Cooking, Arts & Crafts, Fashion By Design & Sewing, Drama, Spa Escapes, Yoga & Cool Sound Meditations, Gardening, and so much more...** it's almost that time of year that you must put on your thinking caps and get ready for school.

Just to let you know, I started working with young girls in our community to make a positive impact and empower them into becoming better stewards of good health & wellness, becoming strong willed and determined to DREAM BIG! So, when finding your days are becoming long and you're wondering what to do....consider **RETREAT** By Dare to Dream Young Girls to help you navigate your way in a positive direction. Always know 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**, our mission is to support girls and women with wellness outcomes of a positive MENTAL, PHYSICAL, and SPIRITUAL well-being in everyday life.

OUR PURPOSE

RETREAT is a Wellness Center for Girls and Women. 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.



RETREAT
A WELLNESS CENTER
JUST FOR HER...

**GIRL'S
& WOMEN**

JOIN US TODAY!

MONDAY - 10a - 4p
WEDNESDAY - 10a - 4p
FRIDAY - 10a - 4p
SATURDAY - 10a - 4p

BOOK A GIRL'S DAY OUT

RESERVATIONS REQUIRED



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(850) 847-3875
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Web: www.daretodreamyounggirls.com

LOCATION:
1839-D S. Monroe Street
Tallahassee, Florida 32301

BEST DAY EVER!
Powered By: Dare to Dream Young Girls Network, Inc.

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OUR... SERVICES

- SPA PARTIES
- WELLNESS CAMPS
- MEDITATION SESSIONS
- YOGA CLASSES
- COOKING CLASSES
- SELF DEFENSE CLASSES
- EMOTIONAL SUPPORT
- LUNCH & LEARNS
- TRAVEL RETREATS
- SPIRIT TASTINGS & MORE!

COMING SOON!



**COME EXPLORE & CREATE
WITH**

PASSPORT TO THE ARTS

ART CLASSES FOR GIRL'S

(6) WEEKS @ \$49 PER SESSION

SATURDAY'S * 1:00PM - 3:00PM

AGES: 8-14

850-847-3875

www.daretodreamyounggirls.com

GIRLS TO WATCH...



THEY ARE... YOUTH IN GOVERNMENT GIRLS



THESE GIRLS ARE GOING BIG PLACES!

Over the Summer several pre-teen and teen girls from the community came together and formed an interest to DREAM BIG and explore the options of their future. Their first stop was to the Leon County Courts, then the Florida State Courts, and onto the Supreme Courts. They wanted to learn more about our laws and the operations of our government. Each week they prepared themselves with court case “intake forms” and set off to evaluate the justice system and determine if fair and reasonable actions were being used within each court system. They learned important legal terminology, watched powerful women judges bring order to their courtrooms, and witnessed men and women, along with many of their peers get sentenced for harsh crimes. They even saw those who were allowed to return home to their families. To their surprise, they even experienced a little legal “rig-a-ma-ro” themselves. Through due and fair process, they’ve learned that if you break the law, you must follow the statutes of the law to get due processing.

Not everyone wants to become a lawyer, judge, or even work in a judicial capacity. Some of these girls want to own their own business, become doctors, and even a veterinarian. There’s even one person that wants to become a professional voice over for the big screen. With dreams such as these, each of them will be forever supported, empowered throughout their academic future, and encouraged to continue on a positive path to achieve whatever it is they desire to become. It is very easy to have a dream, but even more powerful to have support and mentoring to push you along the way, leading to one’s successful career path.

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

A BACK TO SCHOOL SURVIVAL GUIDE...

NEW SCHOOL

8 TIPS FOR HELPING YOUR CHILD ADJUST TO A NEW SCHOOL

- Visit the School Ahead of Time
- Get Involved in the Community
- Maintain a Positive Attitude
- Give Your Child Space to Express Their Feelings
- Don't Give Them Too Much Downtime
- Don't Overdo It
- Connect With Other Parents
- Stay Connected

NEW FRIENDS

11 WAYS TO MAKE FRIENDS IN SCHOOL

Remember that a person's name is to that person the sweetest and most important sound in any language.

Talk in terms of the other person's interests. What do they like?

Sit with new people at lunch. This will give you a chance to engage with an entirely new group of people.

BECOME INTERESTED IN OTHER PEOPLE

When you ask questions to another person and listen they feel important. "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." - Dale Carnegie

PAY ATTENTION TO YOUR BODY LANGUAGE

Looking down or away, or even crossing your arms and legs can make you appear closed off and deter people from talking to you.

Get involved in school sports & hobby groups

Ask good questions

Be a good listener. Encourage others to talk about themselves.

Personalise the conversation. Start moving from small talk to really getting to know them on a more personal level. Use open-ended questions as opposed to "yes/no" questions. It may help to try using the 5 W's: who, what, when, where and why.

UNPLUG FROM YOUR DEVICES

Sometimes we are so involved with technology that we are not engaged with the people around us. Your new friends could be right in front of you.

FIND COMMON GROUND

Think of things that a lot of people like and use them as conversation starters. It is also useful to try open-ended questions to learn what interests they may have.

JOHNNYSHANNON.COM

CELL PHONE

CELL PHONE RULES for kids & tweens

- You will pay for loss or breakage.
- Phone access is from 8 a.m. to 8 p.m. (exception for events like sleepovers).
- NO USING PHONE DURING MEALS.
- No phones in bedroom.
- You may ask for permission to talk on phone in office with door open.
- Tell parents if anything inappropriate shows up or if un-saved number calls.
- Only parents may save numbers.
- Keep parents informed & check in regularly.
- YOU'RE RESPONSIBLE FOR KEEPING IT CHARGED.
- ALWAYS ANSWER PARENTS.
- Be polite. No inappropriate words, mean words or jokes.
- Parents have access at all times.
- DO NOT DELETE ANYTHING.
- Tell parents about overage alerts.
- Loan to friends only in emergency.

HOMEWORK

Homework Tips

Do your very best by being organized both at school and home!

1. Record your assignment in a special notebook.
2. Make sure you have your assignments before you leave school.
3. Talk to your teacher if you do not understand the assignment.
4. Plan in advance for large assignments projects.
5. Plan a specific time to complete the assignments.
6. Note your study plan and times on a calendar.
7. Plan ahead so that you have plenty of time to do assignments and study for tests.
8. Have a quiet, well-lit place to study at home.
9. Keep your room neat and tidy.
10. Make sure you have the materials you need to study at home.
11. Make sure your homework assignments are neat and organized.
12. Bring the materials you need to do your assignments to school every day.
13. Remember to bring your completed homework to school.
14. Keep your school desk neat and orderly.

TUTORING

THE BENEFITS TO TUTORING

- 1 MEETS SPECIFIC STUDENT NEEDS**
Tutors can learn the student's specific learning style and cater to that, while teachers cannot do this for every student in their class.
- 2 IMPROVES ACADEMIC PERFORMANCE**
Tutors help students prepare for tests or explain concepts that they may be struggling with in a specific class.
- 3 IMPROVES STUDY HABITS**
Tutors can help students develop study habits and organizational techniques to help them succeed.
- 4 HELPS OVERCOME LEARNING OBSTACLES**
Tutors can specifically target an area where the student is struggling, and work with them to overcome this.
- 5 ENCOURAGES ASKING QUESTIONS**
While a student may not feel as comfortable to ask a question in class, being one-on-one with a tutor helps them feel comfortable to ask any questions that they might be confused on.
- 6 PREPARES YOU FOR COLLEGE**
Students can learn study skills, and specific ways to overcome a challenge in one of their classes. This can also help students to be more organized, which can benefit them in college.

PARENTS

11 things kids want from parents

1. Showing is better than telling
I learn by watching you.
2. Love me
Give me hugs and kisses. You can't spoil me with those.
3. Kind and firm discipline
My brain is still developing and so I'm slow in learning. But I do want to learn, if you patiently and kindly teach me.
4. Be my safe haven
Always be here for me no matter what.
5. Talk with me
Don't just talk at me.
6. Hear me
Sometimes I just want to be heard without judgement or lecture.
7. Accept who I am
Don't constantly compare me to other kids.
8. Let me play outside a lot.
9. Give me food that is nutritious and yummy.
10. Trust me
Let me make my own decisions on non-safety or health related things. I couldn't learn to walk without falling. I can't learn to make good decisions without making bad ones.
11. Encourage me
Your praise means so much to me.

COME JOIN THE GIRL'S THIS FALL...

COOKING

COOKING BASICS FOR GIRL'S

FALL SERIES

Girls: 6 - 12 Yrs

LEARN THE BASIC CULINARY
SKILLS ON HOW TO NAVIGATE A
KITCHEN, COOKING TECHNIQUES,
AND MAKING KID FRIENDLY
RECEPIES

AUGUST 16th
AUGUST 30th
SEPTEMBER 6th

1839-D S. Monroe Street
Tallahassee, FL 32301

COST: \$45.00

REGISTER NOW!
850-847-3875

www.daretodreamyounggirls.com



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 | 2P - 4P

MUST REGISTER TO ATTEND



RETREAT/ 1839-D S. MONROE STREET

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

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WELLNESS

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 20th SEPTEMBER
FROM 2PM - 4PM

REGISTER BY: 9/5/2024

\$49

PER LESSON
AT (6) WEEKS



POWERED BY: FASHION BY DESIGN

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

1839-D SOUTH MONROE STREET

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It's Girl's Talk Teens Invite HER To...

Tell The Truth
Make Friends
1st & 3rd * Sunday
4p-6p

Bare All
Speak Up

Open Up
Be Heard!
Just Be
Scream!

IT'S STRAWBERRY SUNDAY

The idea of speaking up—whether it has
to do with being a whistleblower, standing
up for yourself or others, or simply
sharing ideas—is a thing now. Your
thoughts and feelings matters.



A Safe Gathering Space... Just for HER.

Girl's: 11 - 16 Yrs.

MUST REGISTER TO ATTEND!

www.daretodreamyounggirls.com



TEEN GIRLS

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.....

HER 1st



BACK TO SCHOOL SANITARY DRIVE

HELP US EMPOWER HER HEALTH



REACH US THROUGH...

850-847-3875
dream@daretodreamyounggirls.com

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Items Needed:

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

DROP OFF SPOT

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

www.daretodreamyounggirls.com

2025
JULY - SEPTEMBER

DONATE
A PACK



OUR WELLNESS

IT'S HER...



GIRL'S TALK & CELEBRATION OF HER...

PERIOD

INCLUDED:
ILLUSTRATIONS, PARTICIPATION, & GIFT FAVORS

SAT., AUGUST 23RD 10:00AM - 12:00PM



1st

Girl's: 9 - 12yrs

\$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: AUGUST 20th
AT +850-847-3875



WE NEED YOUR HELP!

Girl's 9 - 11

www.daretodreamyounggirls.com
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850-847-3875



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



BOOK HER BIRTHDAY SPA PARTY TODAY!



THE PERFECT BIRTHDAY PARTY SPOT IS HERE

RETREAT

**BY DARE TO DREAM YOUNG GIRL'S
FACIALS, BOTANICAL MANI & PEDI FOOT THERAPY**

INCLUDED: SERVICES, DECORATIONS, CUPCAKES, REFRESHMENTS, FAVORS & MORE



INQUIRE & BOOK TODAY @ (850)847- 3875

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