RETREAT

By Dare to Dream Young Girls Network, Inc.

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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



SPECIAL ISSUE:

A BACK TO SCHOOL SURVIVAL GUIDE JUST FOR GIRLS



A MESSAGE JUST FOR HER.....



Kimolyn Ferrell, Founder & President



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.daretodreamyoungirls.com

Sincerely, "Mrs. Kim"



COMING SOON!



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.

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-roe" themselves. Through due and fair process, they've learned that if you break the law, you must follow the statues 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.

A BACK TO SCHOOL SURVIVAL GUIDE...

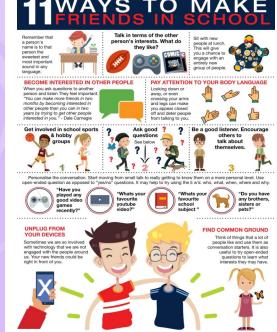
NEW SCHOOL

NEW FRIENDS

CELL PHONE

8 TIPS FOR HELPING YOUR CHILD ADJUST TO A NEW SCHOOL

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



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 beducom. 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. Out parents may save numbers. Keep parents informed & check in regularly. YOU'RE RESPONSIBLE FOR KEEPING IT CHARGED. ALWAYS AUSWER PARENTS. Be polite. No imappropriate words, mean words or jokes. Parents have access at all times. DO NOT DELETE ANYTHING. Tell parents about

HOMEWORK

Homework Tips

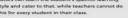
Do your very best by being organized both at school and home!

- 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









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 specifically target an area where the student is struggling, and work with them to overcome this.







PREPARES YOU FOR COLLEGE

Students can learn study skills, and specific way to overcome a challenge in one of their classes. This can also help students to be more organize which can benefit them in college.

PARENTS

overage alerts.

Loan to friends only in emergency.

11 things kids want from parents

- 1. Showing is better than telling
- 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 learnning. But I do want to learn, if you patlently and kindly teach me.
- 4. Be my safe haven Always be here for me no matter what.
- 5. Talk with me Don't lust talk at 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.
- 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...





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!





TEEN GIRLS

YOU'RE INVITED TO SUPPORT ...



FIRST PERIOD

GIRL'S TALK & CELEBRATION OF HER

INCLUDED:
ILLUSTRATIONS, PARTICIPATION, & GIFT FAVORS

1S -

SAT., AUGUST 23RD

10:00AM - 12:00PM

Girl's: 9 - **12**yrs

\$45.00 pp

BY: DARE TO DREAM YOUNG GIRL'S NETWORK www.daretodreamyoungirls.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.daretodreamyougirls.com
dream@daretodreamyoungirls.com

850-847-3875







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 REFESHMENTS FAVORS & MOR





INQUIRE & BOOK TODAY @ (850)847-3875

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