

Camp Girl Power

Monday, August 13th to Friday, August 17th 2018
9 AM to 3 PM

Incoming 4th-6th grade girls will develop the skills to be **EMPOWERED** in the 21st century through a variety of fun and interactive activities.

Camp Girl Power is facilitated by:
Dr. Dawn H. Haaz, Licensed Psychologist
& **Samantha Trachtman, M.Ed., N.C.C.**

Monday: It's All About Me

Explore self-identity and build self-esteem

Tuesday: Mind, Body, Spirit Day

Learn to take care of oneself mentally, physically, and spiritually

Wednesday: It's All About Us

Understand healthy relationships and how to develop them

Thursday: Take the Lead

Become an effective leader and team player

Friday: Empowered We Stand

Celebrate being **EMPOWERED!**

EMPOWERED: Possessing the knowledge, skills, confidence, and resources to stand up for oneself, make positive choices, and be in control of one's future.™



Girls Empowered

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Space for the camp is generously donated by
Big Brothers Big Sisters of Bucks County in Jamison, PA

Fee is \$350 (Limited financial-based scholarships available)