



institute for *girls'* development
A Psychological Corporation

Dear Parents,

We are excited about getting to know you and your daughter over the next two weeks of our Summer Workshop Program!

First, a review of some important logistical information:

- **Our emergency cell phone number is (626) 644-6291:** This cell phone will be with us at all times during summer program hours. Please use this number if you need to speak with us immediately and/or for emergencies.
- **NEW! Drop off and Pick up Procedures:**
 - Dropping off your daughter:**
 - You will need to sign in and sign out your daughter everyday.
 - On the first day of the program we will have a “welcome table” in our courtyard. **Please park and come with your daughter to make sure we have all the appropriate registration materials,** and of course, get a chance to meet you if we haven’t already. You are then welcome to accompany your daughter up to the “Great Room” to check out where she’ll be having fun over the next two weeks.
 - On subsequent days we will have a team member on the sidewalk on Holly Street from 1:15-1:35, to make signing your daughter in more convenient. After this time, you will need to accompany your daughter upstairs to sign her in for the day.
 - Picking up your daughter:**
 - Our program ends promptly at **5:30pm**. You may choose to pick up your daughter outside the “Great Room” right as the program ends. Girls who are not picked up outside the “Great Room” will be escorted by an Institute team member to the Courtyard and will wait with your daughter until **5:40**. *You will need to sign her out upon pick up.*
 - At 5:40 your daughter will be escorted to the waiting room outside the “Great Room” and will wait there until you arrive. An Institute team member will wait with her as long as they are able. **In addition, there will be a “late pickup charge” of \$25 for every 5 minutes you are late after the initial grace period of 10 minutes (from 5:30-5:40).** Thank you for being on time.
- **Yoga Attire:** Please note that Yoga will be held on Tuesdays and Thursdays. Girls will want to wear something comfortable to move in on these days. Girls are welcome to bring their own mats (marked with their names) which can be left here for the two weeks of the program. Mats are provided for girls who don't bring their own.
- **What to Bring:** We have so many wonderful activities planned; two of which require a little help from you.
 - In the first couple days of the program, we will be starting a banner and collage, which honors the girls’ respect for themselves, each other, and the earth. **Your daughter may want to bring in pictures (Xerox copies or pictures you don’t need returned please!)** of herself, her friends, or places that allow her to show her individuality in these areas.
 - In another activity, the girls will be starting a “comfort box” (more info about this to come). For this they will need a re-usable box from home. A shoebox is ideal.

- **Sun Protection:** We will be spending some of our time over the next two weeks outdoors. Prior to heading out each day the girls will have an opportunity to apply sunscreen that we provide. Feel free to provide your daughter with sunscreen of your choosing prior to her arrival each day, and to send her with a hat or other sun protection as you feel appropriate. The girls are provided with water bottles and water each day and are encouraged regularly to hydrate, hydrate, hydrate!
- **Parent Workshops with Dr. Melissa Johnson:** MARK YOUR CALENDARS for these two informative and fun workshops! Dr. Melissa Johnson, founder and CEO of the Institute, will meet with parents to talk about skills girls learn in the summer program - and how parents can add these skills to family life. We'll talk about girls' friendships, ways to calm and de-stress, and tips for boosting body image and media literacy. Dr. Johnson will provide lots of resources and tips that you can use with your whole family.
 - *Monday, July 12, 1:30 - light refreshments; 1:45 - 3:00 "Parenting to Empower Girls - Part 1"*
 - *Friday, July 23 at 3:00 pm. "Parenting to Empower Girls - Part 2" After this Parent Workshop, we invite you to join us and the girls for food, celebration, and sharing at our Open House.*
- **Open House:** *Friday July 23, 4:30-5:30 pm.* An opportunity you won't want to miss to see and hear about your daughter's two-week experience from the girls themselves.

Second, I want to share some information about what your daughter will be enjoying over the course of the next two weeks.

Week #1 July 12-16, 2010

Monday: Our first day will be an exciting welcome to "Mind, Body, Spirit Adventures!" While getting to know each other and the Institute team, the girls will enjoy various activities that incorporate and introduce our theme. These include getting-to-know-you and tribe building games and activities including a "Who am I?" collage and questions game.

Tuesday: Today, we begin the day focusing on continued tribe building & exploring dreams and goals. One way we will honor this and our Mind, Body, Spirit Adventures theme is by starting a banner and collage which honors the girls' respect for themselves, each other, and the earth. **Your daughter may want to bring in pictures (Xerox copies or pictures you don't need returned please!)** of herself, her friends, or places that allow her to show her individuality in these areas and add them to the collage throughout this week. It's also our first day of yoga! Girls should dress comfortably for this adventure with our instructor, Mallory Leitner.

Wednesday: This day is all about being positive! Girls will explore ways to improve their mindsets and focus on self-care with fun activities like self-care charades and decorating "warm fuzzies" bags to help us share the positivity with new friends.

Thursday: Embodiment part 1! Today is a day filled with respect for one's body and an exploration of media literacy. After a second day in Yoga with Mallory, girls will engage in a dynamic discussion about the media and what it's "selling."

Friday: As we close our first week together, we begin to focus more on friendship. Girls will celebrate and honor each other and their accomplishments for the week in our End of the Week Ceremony. They'll also get the opportunity to name their newly formed "tribe" and create a group symbol.

Week #2 July 19-23, 2010

Monday: Today is a busy day of tribe building and exploring strengths with two dynamic expert guests, Hilary Thomas, founder of Lineage Dance and Karen Bagnard, professional artist. We will explore qualities like strength, compassion, resilience, trust. The girls will have a chance to work with qualities through imagination, movement and

dance, as well as through mask making with Karen. They'll also start creating items to include in their "comfort" boxes.

Tuesday: Is Embodiment part 2. A day all about exploring the strength in our bodies with a fun day of yoga with Mallory, and self-defense with Lauren Roselle.

Wednesday: A fun day all about "living green." We get an exciting visit from the Robotics Team, create comfort boxes from recycled boxes and make flower seed bookmarks. They also complete mask making with Karen.

Thursday: As we begin winding down our week, today is a day dedicated to taking care of ourselves and enjoying our bodies. Girls will participate in more dance and movement with Lineage Dance and pamper themselves in yoga.

Friday: Our closing day will be a day of celebrating and remembering our journey through Mind, Body and Spirit. Girls will commemorate their time at the Institute and reflect on the tools they developed in a closing ceremony. In addition, they will get to share their journey with you, their family and friends at our Open House.

We hope that this experience will be a joyful and enriching time for your daughter. It sure will be for us! Feel free to discuss any questions, concerns, or interest in future programs with us or any of the Institute team members.

Warm Regards,

Robin S. Harpster, MFT
Summer Workshop Programs Coordinator