



Summer Workshop Programs 2009 Frequently Asked Questions

1. What is the cost of the Summer Workshop Programs?

Our Mind, Body, Spirit (MBS) program runs for two weeks. The cost is \$550
Our Steppin' Up (SU) program runs twice a week for seven weeks. The cost is \$300

2. What are the dates and times of the programs?

MBS 3rd – 5th Grade Program is Monday-Friday, **July 20-31, from 1:30-5:30pm**

MBS 6th – 8th Grade Program is Monday-Friday, **July 6-17, from 1:30-5:30pm**

SU (High School) Program is Tuesdays and Thursdays from **June 25-August 6, from 1:30-3pm**

3. What is the MBS Summer Workshop Program?

Emphasis is on the "fun" in this educational, empowering program

Goals

- Fun for girls!
- Self-discovery & Self-confidence
- Creativity & Self-expression
- Friendship Skills
- A Positive Mindset
- A Positive Body Image

Activities

- Indoor and outdoor activities
- Arts and crafts
- Journaling
- Skits and role-plays
- Yoga
- Conversations & activities with interesting expert guests

4. What is the Steppin' Up Summer Workshop Program?

Emphasis is on the "fun" in this educational, empowering program.

Goals A hip, sophisticated workshop about how to make it in high school while still having fun. This cool mind, body, spirit journey will help teens

- gain confidence,
- stretch into their strengths,
- learn about fun and safe internet relationships,
- challenge media messages, and
- be empowered.

Activities

- Indoor & Outdoor Activities include:
- Art and Collage,
- Yoga
- Self-defense and personal safety
- Journaling & Creative Writing
- Internet life
- Fun activities with amazing guest experts
- Discussion & exploration

5. Is lunch included during the program?

No, however girls enjoy healthful snacks everyday outdoors.

6. Will there be outdoor activities during the Summer Program?

The Summer Workshop Programs consist of both indoor and outdoor activities. There is a park directly across the

street from our offices as well as a park 1 block away. Depending on our activities, we use one or the other.

7. Do you have an orientation that I can attend to learn more and see your facility?

Yes! To learn more about our program, register your daughter and meet us in person, you may sign up for one of the following parent orientations held at the Institute For Girls' Development:

General Summer Program Orientations

Tuesday April 21st at 7pm

Wednesday May 20th at 7pm

Tuesday June 23rd at 7pm

Steppin' Up Parent Night

June 25th at 7:30 (also the first day of the program)

Please RSVP by phone with your preferred orientation. Information regarding scholarships and registration as well as downloadable forms can also be found on our website: www.InstituteForGirlsDevelopment.com.

8. Are other programs available during the school year? What are they?

- **Goals of ALL of our programs:** We offer a wide range of programs during the year which all focus on supporting girls in empowerment, self-discovery, hardiness skills, and growth-fostering relationships.
- Our community programs include workshops for schools, Girl Scout troops, and other organizations.
- At the Institute, we offer individual, couples, and family therapy, groups for girls and young women (2nd grade through young adulthood), parent classes and parent coaching, and more.

9. What kinds of therapy programs do you offer?

We offer individual, couples, family, and parenting therapy. We also have an extensive group therapy program for girls, from 2nd grade through young adulthood.

Our broad range of year-round groups offer:

- Warm and dynamic environments in which girls are empowered to use their strengths to address their struggles.
- Opportunities to talk with peers in therapist-facilitated discussion about the issues affecting their lives, including friendship, school, family relationships, self-esteem, relational confidence, healthy decision making, future planning.
- Safe spaces to learn and practice friendship skills and conflict resolution.
- Step-by-step guidance in the areas of learning to manage feelings, stress and relationships.

10. How can I get more information about the different programs at The Institute?

You can access more information about The Institute for Girls' Development as well as the different programs we offer by visiting us on the web at www.InstituteForGirlsDevelopment.com. Click on Programs and Services; then click on Summer Workshop Programs. There you will find the program descriptions, applications, scholarship information, orientation dates, photographs, resources, and more.

Check out our Summer Workshop Program video on Youtube! www.youtube.com/user/InstituteForGirlsDev