

Girls Matter Conference

Be the Girl You Wanna Be!

TWO opportunities to hear from Charisse, Fanchon & Judge McCarthy: Friday evening and Saturday at the conference!



Keynote speaker

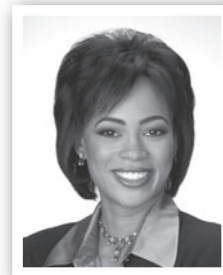
Charisse L. Nixon, Ph.D.,
Relational Aggression Researcher
and Ophelia Project Board Member

Dr. Nixon is the Co-author of the pivotal book *Girl Wars* and an expert on the aggressive social interactions of pre-pubertal and adolescent girls. She teaches at Penn State University (Erie) and is currently researching the emotions, thinking and empathy

skills needed to stop the cycle of mean behavior for the Ophelia Project. She has presented across the country on this important topic to teachers, counselors, parents and children.

Keynote Presentation: Bullies, Broken Hearts and the Harsh Realities of Relational Aggression

What is happening in our schools? Do our girls feel safe? What are their relationships really like? This keynote presentation will address the covert, insidious ways girls hurt each other, along with the far-reaching effects of this type of aggression.



Mistress of Ceremonies

Fanchon Stinger is a FOX 2 News anchor and reporter. She co-anchors FOX 2 News Morning weekdays with Alan Lee, along with daily reporting duties. Stinger is also an investigative reporter in the FOX 2 Problem Solver unit and the editor of "FOX 2 Honor Roll," a special news feature that profiles outstanding young people in the Metropolitan Detroit area. Stinger maintains strong ties to the community and a

deep commitment to enrich the lives of young people through motivational seminars. She is on the Board of Directors of Vista Maria and is the Chair of the Celebrating Women brunch.

Kick Off Speaker

The Honorable **Kathleen M. McCarthy** serves in the Family Division of the Wayne County Circuit Court. She is the co-founder and organizer of the Girls Matter conference. Judge McCarthy is the current President of the Wayne County Family Bar Association, Advisory Board Member of the Arab American Anti-Discrimination Committee and teaches around the country for the Institute of Certified Divorce Financial Analysts.



Tell me and I'll forget. Show me and I'll remember. Involve me and I'll understand.

Confucius

Choose from these workshops on Saturday

For Girls . . .

- Session 1
Millionaire in the Making
Why Is My Body Changing?
Self-Esteem Workshop
Say "No" to Drugs: Reasons & Ways
Girl in the Mirror
Who Am I?
- Session 2
Girl in the Mirror
Self-Esteem Workshop
Creating Boundaries for Healthy Relationships
G.I.R.L.S. stands for Great!
Intelligent! Ready for Anything!
Loved! & Strong!
Who Am I?
Lessons in Leadership

For Parents . . .

- Session 1
 How to Parent Adolescent Girls
 Stop the Fighting!
 Educating Your Daughter About the Birds & the Bees
 Creating Boundaries for Healthy Relationships
- Session 2
 How to Parent Adolescent Girls
 From Babies to Babes: How Girls Grow-Up
 Educating Your Daughter About the Birds & the Bees
 Lessons in Leadership



Program Schedule for Friday Evening

- 6:00-6:30 Registration
 6:30-7:00 Opening Remarks
 Fanchon Stinger, Fox 2
 Hon. Kathleen M. McCarthy
 7:00-8:30 Keynote Speaker
 Charisse Nixon
 8:30 Book Signing and Visit
 Our Resource Area

Program Schedule for Saturday

- 7:30-8:30 Registration, Networking Breakfast
 Book signings, Visit Resource Area
 8:30 Opening Remarks
 Fanchon Stinger, Fox 2
 Hon. Kathleen M. McCarthy
 9:00-10:00 Keynote Speaker: Charisse Nixon
 10:10 Workshop Session One
 11:20 Workshop Session Two
 12:30 Closing Remarks

Girls Matter
 330 East Maple Road #404
 Birmingham, MI 48009

In a world where you can be anything, be yourself.

Girls Matter Conference

Be the Girl You Wanna Be!



Two exciting events by Girls Matter!

For girls 9 to 14 years old, moms & dads, & professionals working with girls

Keynote & Book Signing

Friday, March 17, 2006 • 6:30 to 8:30 p.m.

Ford Community & Performing Arts Center in Dearborn

Full Conference

Saturday, March 18, 2006 • 7:30 a.m. to 1:00 p.m.

Keynote, Two workshops, Book Signing, Resource area, Continental Breakfast
 Mistress of Ceremonies: Fanchon Stinger, Fox2 News
 Keynote: Dr. Charisse Nixon, co-author of *Girl Wars*

WAYNE STATE UNIVERSITY

Girls receive a free Shock ticket
 First 200 girls to register for each event get a Girls Matter t-shirt

To register by phone call:
 YWCA Oakland Branch 248-435-9100

2006 Girls Matter Conference

Ford Community & Performing Arts Center in Dearborn • March 17
 Wayne State University • March 18

Event Sponsors:

DTE Energy Foundation



HANTZGROUP

Rock financial THE MORTGAGE EXPERTS

Community Sponsors:



eliminating racism
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CENTER FOR PEACE AND CONFLICT STUDIES



Conrad Charitable Foundation



MICHIGAN Women's FOUNDATION

Workshops for Girls . . .

Millionaire in the Making – *Speaker Gail Perry-Mason*

How to make your money grow. Girls learn the basics of sound financial management as they explore the “Five Avenues of Income” and how to start a business at any age. Ms. Perry-Mason will discuss purchasing stocks, owning a company and how to break the consumer habit by earning money rather than just spending it.

“G.I.R.L.S.” Stands for Great! Intelligent! Ready for Anything! Loved! and Strong! – *Speaker Carmen Kennedy*

Learn various ways to uplift and maintain a positive and healthy mind, spirit, body and self-image by participating in crafts and other fun activities. Explore and discover all the ways you are unique and vibrant.

Why Is My Body Changing? – *Speaker Cheryl Deep*

The physical, mental and emotional changes of growing up will be explained in easy language girls can understand. We'll talk about why our body's feel strange and what girls can expect as they move closer to adulthood.

Self-Esteem Workshop – *Speakers Audra Marks and members of Alternatives for Girls*

Peer Educators will lead this interactive group filled with art, role-play and self-expression activities to foster confidence and self-esteem. We will talk about body image and how to accept and love the person we are.

Say “No” to Drugs: Reasons and Ways – *Speaker Monique Finnister and members of Vista Maria's Girls CARE Program*

If your daughter has been tempted by or



. . . for Parents

How to Parent Adolescent Girls –

Speakers Charisse Nixon & Mary Baird

Parents will be provided with simple, hands-on strategies to navigate the sometimes tough waters of dealing with an adolescent. Learn how to help your daughter deal with bullies, mean girl behavior, developmental changes and life!

Stop the Fighting! – *Speaker Bridget Kramer, LMSW*

Tired of arguing with your daughter? Learn the basics of consultant communicating with using the practical, common sense, ready-to-use techniques of the Love and Logic Philosophy. Love and Logic helps raise responsible kids and builds life-long relationships with them. Prepare your daughter to live in the real world with its many choices and consequences.

From Babies to Babes: How Girls Grow-Up – *Speaker Cheryl Deep, M.A.*

Don't let the pre-teen years surprise and upset you. Knowledge is power. This humorous but informative presentation is filled with facts about puberty and how it effects girl's minds, bodies and emotions. We'll also talk about the effective ways a loving parent can cope with all the changes.

Getting there . . .

Friday night: Ford Community and Performing Arts Center, located at 15801 Michigan Avenue, Dearborn, Michigan 48126. For point-to-point driving directions visit <http://www.dearbornfordcenter.com/about/>. 313-943-2350 (ext. 0). Free parking.

Saturday: General Lectures Bldg., Wayne State University, 5045 Anthony Wayne Dr. (corner of Warren), Detroit, MI 48202. Parking structure (\$3.50) immediately north. Entrance to structure available from Lodge Service Drive or Anthony Wayne Drive.

been a member of her school's drug culture, this interactive workshop will help. Girls will gain knowledge, develop power and travel the road to recovery for a drug-free lifetime.

Girl in the Mirror – *Speaker Denise Crittendon*

In this interactive workshop, girls learn important empowerment tools, such as affirmations and visualizations and about cultivating their inner strength and beauty.

Who Am I? – *Speaker Daphne Reed*

Help children understand their identity separate from the destructive messages presented by popular culture. How would your child describe herself? What are her dreams and goals? How will she make them come true? Does she believe in herself? Girls will think deeply about the kind of person they wish to become and the contributions they will make to the world.

Creating Boundaries for Healthy Relationships (for 12-14 yrs) – *Anna Magner and Adrienne Gasperoni*

An interactive discussion which focuses on understanding equality and respect in dating relationships, personal boundaries and characteristics of healthy relationships.

Educating Your Daughter About Sex – *Speaker Barb Flis*

Parents have the power to make a difference as their daughters develop lifelong attitudes about sex and sexuality. Examine media influences and data on teen sexual activity and disease. Learn to set boundaries aligned with your value system. Gain confidence to start a dialog to discuss sexuality with your adolescent – and keep it going!

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. . . to Share (for girls & their parents)

Panel Discussion: Lessons in Leadership: Grooming Your Daughter for Business Success – *Facilitator: Terry Barclay*

Michigan needs more female business leaders and Terry Barclay, President and CEO of Inforum (formerly the Women's Economic Club), is determined to help make that happen. Her panel of women business executives is comprised of Joyce V. Hayes-Giles, a VP at DTE, and other top leaders in Detroit corporations. These super-successful women will discuss their rise to positions of prominence and the fundamentals every girl needs to achieve a leadership role that has impact.



About Our Speakers

Mary A. Baird, M.Ed., Chief Executive Officer, The Ophelia Project. Ms. Baird helped to create the How Girls Hurt Each Other program on relational aggression that is being rolled out across the country and provides research and curriculum expertise to many Ophelia Project areas. Most recently she has helped organize a regional conference on body image entitled Eating Disorders: New Directions in Treatment and Prevention. Ms. Baird is the mother of two teenagers.

Terry A. Barclay is the President and CEO of Inforum (formerly the Women's Economic Club). In that position, she oversees the operations of one of the largest and most prestigious business forums in the midwest, with over 2000 members from a broad cross-section of Michigan's business and civic communities.

Denise Crittendon, Editor-in-Chief of African American Family Magazine. African American Family Magazine is a monthly, award-winning lifestyle magazine for black families in the metro Detroit area. Ms. Crittendon is also a teen motivational speaker and the author of the book “Girl in the Mirror.”

Cheryl Deep, M.A., Communications Expert and Girls Empowered Instructor. Ms. Deep co-authored “How to Survive Your Adolescent's Adolescence,” is a certified assertiveness instructor, and has taught more than 180 workshops to children and parents on healthy communication, social skills, handling anger and powerful parenting.

Monique Finnister, LMSW, Licensed Clinical Therapist and Addiction Counselor. Ms. Finnister has worked in the counseling and addiction field for years and helped hundreds of girls and their families to overcome the damaging effects of drugs and alcohol. She prefers to prevent these serious problems by showing girls how to resist the temptations surrounding them.

Barb Flis, Founder of Parent Action for Healthy Kids. Ms. Flis has been appointed by Gov. Granholm to coordinate the recently launched initiative: Talk Early & Talk Often. This informative statewide program teaches parents how to talk to their children about abstinence and sexuality and have their children talk to them while making healthy choices that align with family values.

Adrienne Gasperoni, Youth and Family Program Director at Turning Point Inc. an agency servicing survivors of domestic and sexual violence, in Mt. Clemens Michigan. During her time at Turning Point she has provided crisis intervention and information about the dynamics of relationship violence to over 2000 children, teens and parents.

Carmen Kennedy, M.A., Certified Teacher and Girls Empowered Instructor. Carmen is a sports coach and physical education teacher in the Troy School District. She has taught dozens of Girls Empowered workshops and camps, helping girls of all ages and abilities to be fit, healthy and confident.

Bridget Kramer, LMSW is a trained facilitator of Love and Logic®, a School Social Worker in Trenton Public Schools, and an instructor for Girls Empowered. She is a Love and Logic trainer and mother of two girls.

Anna Magner, is the Sexual Abuse Advocate at the YWCA Interim House, in Detroit. She received her degrees in Psychology and Philosophy from Western Michigan and developed the YWCA Sexual Assault Program.

Audra Marks is a Peer Educator Coordinator at Alternative for Girls. She works with young people to educate them about violence, drugs, gun awareness, healthy relationships and self-esteem.

Gail Perry-Mason, 1st Vice President of Investments, Oppenheimer & Co. Ms. Perry-Mason has worked in the investment field for 17 years and was named one of Detroit's Most Influential Women in the Financial Industry. A radio host and two-time author, she also founded the original Money Camp for Teens and has been featured in Ebony, Essence and Black Enterprise magazines. Her newest venture, Money Matters for Youth has taught financial literacy to thousands of Detroit Public school children.

Daphne Reed, M.A., Motivational Speaker, St. Louis, MO. Ms. Reed has three Master's degrees from Washington University and has been a long-time consultant to the St. Louis Junior Achievement program as well as acting as a role model for high-risk students in St. Louis area schools.

Additional registration forms available at www.girls-matter.org

To Register

Please Print Clearly & Complete One Form for Each Registrant

Girl Parent Professional

Name _____

Address _____

City _____

State, ZIP _____

Email _____

Phone: Day _____

Night _____

Friday Evening, March 17

YES! I'll be there. Ticket price: \$ 16

OR

Saturday, March 18, Conference

Conference registration \$ 16 per person

Session 1 Workshop choice _____

Session 2 Workshop choice _____

YES! – I'd like to sponsor a girl to attend one of these events (\$ 16)

Payment

Register in person or by mail at any of the following YWCA of Metro Detroit Branches:

YWCA Downtown (313-259-9922) 1411 E. Jefferson Ave., Detroit 48207
YWCA Downriver (734-284-9030) 14703 Allen Rd., #220, Southgate 48195
YWCA Northwest (313-537-8500) 25940 Grand River Ave., Redford 48240
YWCA Oakland (248-435-9100) 839 S. Crooks Rd., Clawson 48017

Please make checks payable to YWCA

By Charge: FAX: 248-435-9102 • **OR** PHONE: YWCA Oakland Branch

Visa/MC _____

3 Digit Security Code _____ Exp. _____

Signature _____

Name on CC: _____

CC Billing Address: _____

CC ZIP _____ Phone _____

Girls Matter- Girls Matter is a non-profit organization that provides an annual Conference for girls, their parents and girl-serving professionals. The organization's goals focus on building self-esteem, setting goals and developing leadership skills to inspire more emotionally and physically healthy and confident young women. We serve the metropolitan Detroit area and support other organizations that share our goals. www.girls-matter.org. (248) 593-9911.

Conference Organizer: Kimber Bishop-Yanke is the co-founder and organizer of the Girls Matter conference. She is the President and founder of Girls Empowered, an organization that has reached over 18,000 girls in the past 7 years with programs in relational aggression, friendship skills, social skills, self-esteem, fitness, nutrition, self-defense, healthy relationships and etiquette to build girl's self-confidence, resiliency, and self-worth. www.girls-empowered.com.