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WEEKEND EMPOWERMENT CAMP MAY 16-17TH!

GRLQUAKE: Shake it Up!

SELF-DEFENSE, CONFIDENCE & LEADERSHIP!

FOR GIRLS 8 TO YOUNG WOMEN

Age-appropriate self-defense skills will be taught along with art projects, journaling and peer group discussions. The second day features a group-made dinner and a 'night hike' toward building confidence.

Friday 6:30-9 PM, Saturday 10am-9pm:
Saturday Lunch and Dinner Provided.

SUGGESTED TUITION: \$150-200 sliding scale
and some scholarships available.



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