



CLUBHOUSE

DEKALB COUNTY GOVERNMENT

SUMMER PROGRAM OFFICIAL APPLICATION

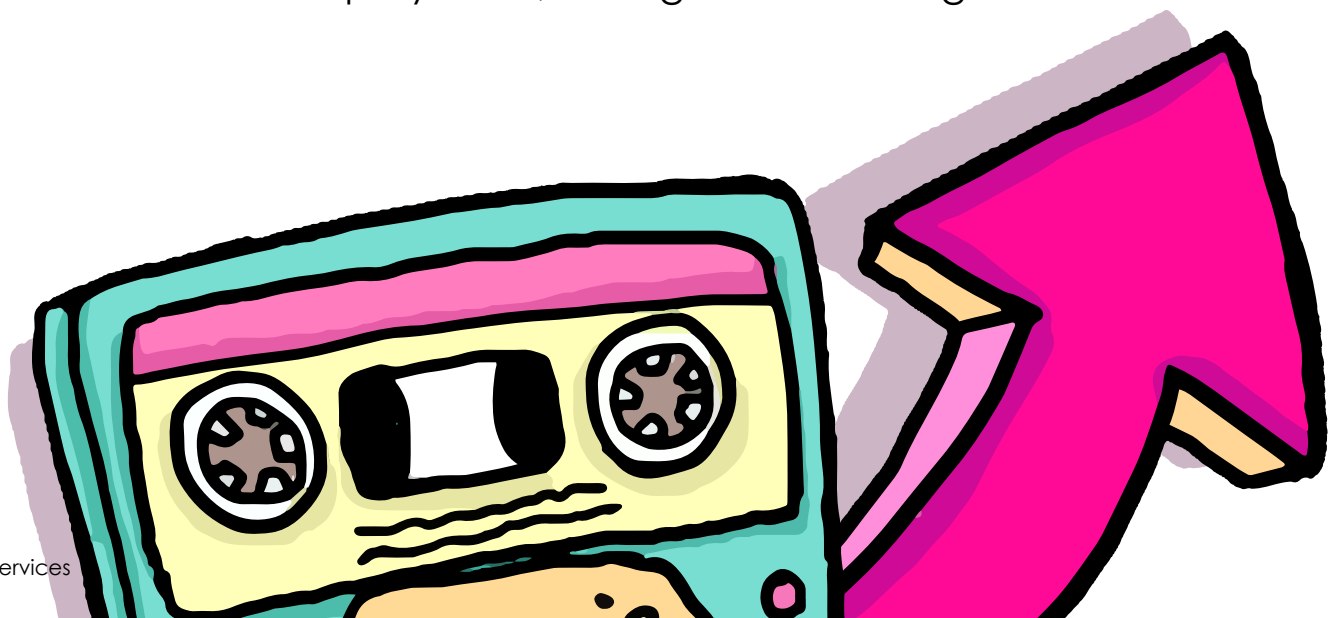
In the Girls Clubhouse, we will strengthen communication and personal management skills, grow as leaders, and gain experience through team building, workshops and social groups!



ABOUT GC

We are excited to provide DeKalb **teen girls an opportunity to excel** despite the everyday challenges they may face at home, school or in their community. At the completion of this program, we know we will produce, 13-18 year olds who are more confident, socially and emotionally developed, knowledgeable about their lives, and empowered to make good decisions for themselves.

The Girls Clubhouse participants will be assessed through simple pre and post-tests to gauge their level of knowledge and ability prior to and after program participation. We are confident that through qualitative and quantitative data that we will see an increase in self-confidence, self-awareness, goals, and soft skills to be used in employment, college and lifelong success.



MISSION

Our mission is to expose girls 13-18 residing in DeKalb County to personal, social and professional development training skills they can use throughout their lives. Focused on creating a community of empowered girls, this program provides opportunities for teen girls to develop healthy peer relationships and create lasting role model connections within their community. Through a series of interactive workshops, participants will develop skills in a number of areas including self-discovery, body image, decision making, communication, and healthy relationship development. There are no academic requirements. We believe in order for everyone to benefit from this program there should be a mix of students in terms of income, geographic location within the county and academic ability. Acceptance will be based on space and a successful completed application demonstrating interest and commitment to fully participate.

OVERVIEW

Beginning June 8, 2019, participants will attend weekly Saturday sessions on a range of topics that will help to develop them both personally and professionally. Participants are required to arrive between 9:30am and 9:45am to ensure an on-time start at 10:00am. Each session will begin at 10:00am. Lunch will be provided by local restaurants from 11:30-12pm. From 12:00pm - 1pm girls will participate in the part two of the curriculum that requires hands on application as a form of therapy and a way to help reflect on unexpressed, unexplored and unresolved issues and provide the necessary skills and tips for coping and making successful life choices. Throughout the program, participants will have the opportunity to participate in optional activities. Additionally, students can opt to participate in one or more group cultural activities such as attending a live theatre or dance performance or visit to a museum. These activities are designed to provide additional opportunities for exposure and will be free of charge to participants. At the end of the session, participants, their parents, presenters and key leaders in the community will be invited to a graduation/closing ceremony. Participants will have the opportunity to show off their newly developed skills and will receive certificates of completion.



SESSIONS

| SESSION | DESCRIPTION |
|------------------|---|
| Session One | ORIENTATION – Participants are joined by their parents to learn about the program, the expectations and commitment needed to participate. Parents can also stay for the first session to experience the program with their students and get an idea of how sessions will run. |
| Session Two | WHO AM I? Participants will learn about how to connect, power thinking, and masks. Participants will discuss self-portraits and role models. Participants will set personal goals for talking about and thinking about who they are. |
| Session Three | BODY IMAGE – Participants will learn about beating body image blues. Participants will discuss sending mixed messages. Participants will explore talking about other girls bodies. |
| Session Three II | CHOICES – Participants will learn about longing to belong. Participants will learn about making choices and risky business. Participants will work on practicing what they preach. |
| Session Four | COMMUNICATION – Participants will learn about dealing with parents. Participants will practice body language. Participants will discuss social graces. |
| Session Four II | EMOTIONS – Participants will learn about their boiling points. Participants will discuss opening pandora's box and playing the blame game. Participants will discuss managing their emotions. |
| Session Five | FRIENDSHIPS – Participants will learn how to manage mean teens. Participants will navigate the social jungle and teen showdowns. Participants will learn key techniques when faced with the silent treatment. |
| Session Five II | RELATIONSHIPS – Participants will develop skills in the appropriate way to respond under pressure. Participants will learn about the realities of a guy's world. Participants will learn how to navigate love and relationships. |
| Session Six | SELF-ESTEEM – Participants will learn about the personal permission slip. Participants will learn about their personal brag bag. Participants will understand that nobody's perfect. |
| Session Seven | STRESS – Participants will learn how to properly deal with stress. Participants will develop plans for facing fears. Participants will create personal stress survival kits. TOUGH TIMES – Participants will learn how to manage depression. Participants will learn about understanding loss and self-harm. Participants will develop skills for dealing with divorce and difficult family experiences. |
| Session Eight | CLOSING CEREMONY – Participants and parents come together to celebrate their progress. |





APPLY

MEMBER INFO:

Name: _____
Address: _____
City: _____ **State:** _____ **Zip:** _____
Telephone: (Hm) _____ **Cell:** _____
Email Address: _____ **Age:** _____

GUARDIAN INFO:

Mothers Name:

Address: _____
City: _____ **State:** _____ **Zip:** _____
Telephone: (Hm) _____ **Cell:** _____
Email Address: _____

Fathers Name:

Address: _____
City: _____ **State:** _____ **Zip:** _____
Telephone: (Hm) _____ **Cell:** _____
Email Address: _____

EMERGENCY CONTACT:

Name (First, Last),

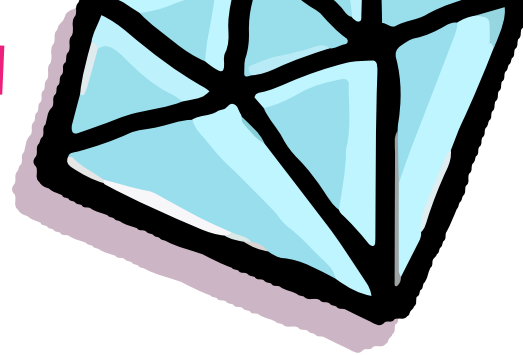
Address: _____
City: _____ **State:** _____ **Zip:** _____
Telephone: (Hm) _____ **Cell:** _____
Email Address: _____

EDUCATION:

School:

City: _____ **State:** _____ **Zip:** _____
Highest Grade Completed: _____ **GPA:** _____
Start Date: _____ **End Date :** _____

APPLY



QUESTIONS

Why Would You Like To Be Apart Of The Girls Clubhouse?

Describe Some Things You Would Like To Work On While You're In The Program:

What Are Your Long Term Goals?

How Can The Girls Clubhouse Support Your Long Term Goals?

*Please Return All Application Materials Through Mail, Fax, Or Email To:
Lyquinones@dekalbcountyga.gov Or 404-371-7060.*

DUE: APRIL 30 2018

START DATE: JUNE 9, 2019



