

SENTIER PSYCHOTHERAPY PRESENTS:

# MY VOICE EMPOWERMENT FOR GIRLS SUMMER CAMP

Want to build your confidence and make new friends this summer? Check out the My Voice Camp!  
Open to girls completing 6th, 7th, and 8th grades.

**July 15-19 | 9am-noon daily**  
**Highland Park, St. Paul**

See back of flyer and our website for more details:  
[www.sentiertherapy.com](http://www.sentiertherapy.com)

*Sentier*  
psychotherapy

# MY VOICE EMPOWERMENT FOR GIRLS SUMMER CAMP

**BUILD YOUR CONFIDENCE AND MAKE NEW FRIENDS!**

**WHO:** Girl-identified individuals who will have completed 6th, 7th, or 8th grade by summer 2019. This camp has space for up to 8 members. Campers are welcome to sign up with a buddy.

**WHAT:** My Voice is a support group that helps adolescent girls discover their true selves and instill confidence about the value of their opinions and wisdom, and it is now offered as an intensive half-day camp! The My Voice Camp will give girls the chance to relate to peers and form relationships while exploring topics that are relevant to this time of life.

The camp facilitator will use sections of the renowned curriculum, *Voices: A Program of Self-Discovery and Empowerment for Girls*, to guide discussion. Over the course of the week, campers will explore topics such as communication styles, friendship, dating and sexuality, healthy relationships, body image, cyber safety, physical and emotional wellness, drugs and alcohol. **While this camp will not include a therapy group, all discussion content will be kept confidential.**

Campers will also learn and practice wellness interventions such as mindfulness, interaction with nature, movement, writing, and art. Specific daily activities TBD based on expressed interests of campers at registration time.

**WHEN:** Five mornings in a row from 9am-noon the week of July 15-19, 2019

**WHERE:** Sentier Psychotherapy in Highland Park, St. Paul. Please note that most of the camp will take place indoors at Sentier, but campers can also expect to spend time outside each morning as weather allows.

**WHY:** To empower girls in finding their assertive voices. To combat experiences of bullying, negative self-image, and peer pressure. To encourage healthy relationships, cultivate self-esteem, and build wellness practices.

**HOW:** To express interest in the camp and learn more, please email Sarah Souder Johnson at [sjohnson@sentiertherapy.com](mailto:sjohnson@sentiertherapy.com) or call 763-913-8261 x2. Sarah will then send you a registration form to complete.

**FEES:** Total group cost is \$300. Sliding fee available on a limited basis. Please contact Sarah to discuss your specific needs. Camp fees include the *Voices* workbook, journals, art and gardening supplies, and healthy daily snack. This camp has space for up to 8 members. A \$150 nonrefundable deposit is required by May 15 to hold your place with remaining fee due on the first day of camp.

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