

Welcome
2

**Girl
Power!**

Conference 2006

The 7th Annual **Girl Power!** Conference

“Girl Power! Where Girls Make Great Choices”

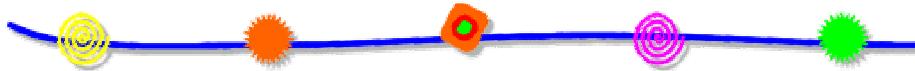
Saturday, June 24, 2006

10 a.m. - 2 p.m.

Fairfax County Government Center

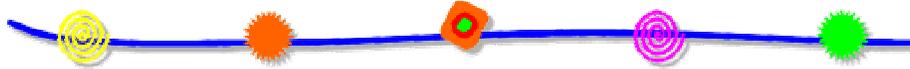
12000 Government Center Parkway

Fairfax, VA 22035



“Girl Power!

Where Girls Make Great Choices”



The ***Girl Power!*** Conference aims to encourage and empower girls to build character, enhance self esteem, become physically active, perform well in school and make healthy choices by providing them with positive educational messages, meaningful opportunities to build resiliency, and accurate information about key health and diversity issues.

Girl Power! began in Fairfax County in 1997 as a single Teen Club and has grown county wide into several programs in the public schools, teen centers and community centers facilitated by many human service professionals from both county government agencies and non-profit service providers. The Fairfax-Falls Church Community Services Board ***Girl Power!*** program has been replicated in other Virginia counties and many locations nationwide.

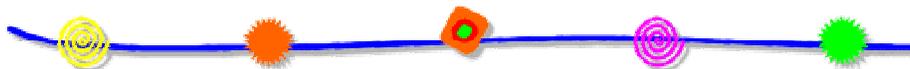
This seventh annual conference will encourage and inspire girls to make positive choices and to fulfill a life of potential. We will also focus on ways young people can contribute to the betterment of their communities through volunteering and community service.

10:00	-	10:30	Registration/Continental Breakfast
10:30	-	10:35	Girl Power! Pledge
10:35	-	10:55	Welcome Address
11:00	-	11:55	AM Workshop
12:00	-	12:55	Lunch
1:00	-	2:00	PM Workshop

Girl Power! Pledge

I am a girl with responsibilities, strengths and Power.
I am a girl that could be anything I want to be.
I am a girl with the knowledge and the courage to stand up for what I believe in.
I am a girl with respect for myself and others.
I have ***Girl Power!***

Written by
Fairfax County ***Girl Power!*** Participants



WORKSHOPS

The following workshops are offered in both the AM and PM

- A Focus On Fitness—Jessie Davis and Michelle Wunsang, Personal Trainers**
Strength = Power: Strength training has been proven to not only improve your physical health but it can also improve your emotional well being. Join us to learn some basic moves and gain some knowledge that can set the stage for a lifetime of good health.
- B ATOD Awareness and Knowledge Workshop - Brigette Jones, NOVA Family Services**
“Have A Ball!” This is an interactive workshop to increase your awareness and knowledge about alcohol, tobacco, and other drugs. Play games called: “*Drug Jeopardy*” regarding ATOD and, “*Clever Catch Ball game*”.
- C Caring For Our Community – Margaret Kollay, Prevention Specialist**
“Interacting With Older Adults” How to get the most out of your visit with older adults in your community. This will be an interactive workshop. Come with an open mind to learn about aging.
- D Leadership and Team Building – LRP, CSB Prevention**
This workshop is made up of a variety of interactive games to help youth learn ways to work as a team.

The following workshops are offered in the AM only

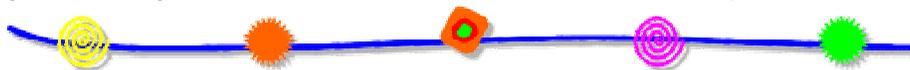
- E Building Healthy Relationships – Lori Carver-Johnson, Ffx County VAN**
Learn the keys to protect yourself from harassment and abuse. Learn warning signs of an unhealthy relationship and the keys to building healthy relationships.
- F Express Yourself With Art – Claudette Wells, ADS Youth Services**
Use art to learn more about yourself. This workshop will teach you ways to express your feelings in a different way – WITH ART!

The following workshops are offered in the PM only

- G Operation Hope**
Operation Hope will help you to be empowered by exposing you to your potential financial future. You will learn about the basics of banking and budgeting and the power of credit.
- H Dream Collage workshop – Amanda Lopez, Web Designer for Sprint**
“Make your dreams come true by building a dream collage. Use magazine images, words, and paste together. You’ll spend time thinking about who you want to be and what you want out of life. Anything is possible—we need only imagine it first.”

Adult Workshops - The following workshops are for ADULTS only.

- I Helping your girl build a strong body – Amerigroup Corporation (AM)**
Co-sponsors of the Girl Power Conference 2006. Educates parents on ways to promote healthy lifestyles by encouraging physical activity and good nutrition.
- J Protecting Your Girls - Karen Scudder, Prevention Coordinator (PM)**
Identify the difference between normal adolescent mood changes and depression. Recognize the signs of depression and learn about community resources to help.



Directions:

FROM I-66 WEST (driving from Capital Beltway, I-495 exit I-66 West) Exit 55B, (formerly Exit 15), onto Fairfax County Parkway North (Route 7100)

Right turn onto Fair Lakes Parkway East

Right turn at light onto Monument Drive

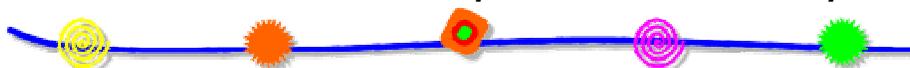
Right turn at light onto Government Center Parkway

Government Center to your left and Pennino and Herrity Buildings to your right.



To request reasonable ADA accommodations, call the Fairfax-Falls Church Community Services Board at 703-324-7000 TTY 703-802-3015

Special thanks to all who have helped to make this event possible.



Registration Form

Circle one: I am a **YOUTH / ADULT**.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Age _____ School _____ Grade _____

Are you involved in ***Girl Power!*** or another Girl Program? **YES / NO**

Program Name _____

Contact _____ Phone _____

First Come First Serve Workshop Selection (A – J)

AM Workshop: (first Choice) _____ (second choice) _____

PM Workshop: (first Choice) _____ (second choice) _____

Registration Deadline is May 19, 2006

Mail or Deliver Registration to:

Girl Power! Conference 2006
c/o Clara Marshall
Fairfax/Falls Church Community Services Board Prevention Services
8350 Richmond Highway, Suite 515
Alexandria, VA 22309

No Faxes Accepted
For questions, please call
Phone: 703-704-6046 | TTY: 703-704-9080