



This summer, Girl CHARGE, Inc., a local nonprofit committed to creating change in the culture of girls, and the Spears Family YMCA are partnering to offer an exciting opportunity for **9-12 year old girls** in the summer camp program. Girls are invited to attend Club Ophelia, a program designed to equip girls with tools to handle relational aggression.

### What is Club Ophelia?

Club Ophelia is focused on helping girls create **change** in our society. By teaching girls that teasing, social exclusion, and other forms of female bullying (known as relational aggression) are not the norm, girls have the knowledge and power to transform their relationships and create an impact bigger than imagined.

The club utilizes a fun, interactive, arts-based curriculum that involves drama, visual arts and other artistic mediums. The goal of the club is to **educate** the girls on the concept of relational aggression and how it hurts girls, to **relate** this to their lives, and finally to **integrate** the newly formed ideals into their own lives, as well as those of others. For further information on the curriculum, visit the Club/Camp Ophelia national website at [www.clubophelia.com](http://www.clubophelia.com).

### YMCA Club Ophelia Details...

- ☆ Club Ophelia will meet from 1:00-2:00 on Tuesdays and Thursdays (Weeks 1-3 and 5 of the YMCA camp):
  - Tuesday, June 16
  - Tuesday, June 23
  - Tuesday, June 30
  - Tuesday, July 14
  - Thursday, June 18
  - Thursday, June 25
  - Thursday, July 2
  - Thursday, July 16
- ☆ Melissa Norman will lead the club. Melissa is an elementary school teacher who holds a Masters in Counseling. She is the founder of Girl CHARGE.
- ☆ The enrollment fee for the club is **\$20** per participant. This fee covers all materials used in the 8 sessions, as well as a t-shirt for each participant. To enroll, complete the attached form and drop it at the front desk of the YMCA.
- ☆ Attendance at each session is required. Each meeting builds upon the last as new skills are acquired. If an emergency change does arise, please contact Melissa Norman at [melissa@girlcharge.org](mailto:melissa@girlcharge.org).
- ☆

For further information, contact Melissa Norman at [melissa@girlcharge.org](mailto:melissa@girlcharge.org)

# Girl CHARGE/YMCA Club Ophelia

Name of Participant \_\_\_\_\_

Age (circle one)    9    10    11    12        School \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

I understand that my daughter's picture could be used on the website and/or in Girl CHARGE publications. I give consent for the use of her picture.

T-shirt size (circle one):    Y 10/12    Y 14/16    adult small    adult medium

Please make checks for **\$20** out to **Girl CHARGE, Inc.**

Enrollment forms and payment can be left at the YMCA front desk.