

SATURDAY, NOVEMBER 9, 2013

CHANNEL 3 KIDS CAMP  
73 TIMES FARM RD. ~ ANDOVER, CT

# MY PEOPLE

## CLINICAL SERVICES

### FEMALE EMPOWERMENT CONFERENCE

#### *The Female Empowerment Conference*

On Saturday, November 9, 2013, My People Clinical Services (MPCS), in collaboration with The Dream Support Network, will be presenting the **3rd Annual, Female Empowerment Conference**. This conference is geared towards adolescent females between the ages of 13-18 years old. This year, the theme of the conference is, **“Dreams Are a Girl’s Best Friend”**. We want to ensure that every female who attends the conference will not only be more empowered when she leaves, than she was when she arrived, but also feel empowered and encouraged to not only identify and chase her dreams, but catch them as well.

#### *The Female Empowerment Program*

The Female Empowerment Program is an opportunity for teenaged females between the ages of 12 and 18 years old, to learn information that will empower them, increase their confidence, self-esteem, verbalization skills and self-advocacy.

It is the belief of the program developers that young women who feel empowered have high self-esteem and are less likely to allow themselves to be involved with risky behaviors that may negatively impact their lives.

#### *About My People Clinical Services*

My People Clinical Services (MPCS) is a social service agency that provides services to individuals and families who are primarily involved with the Department of Children & Families (DCF) or the Department of Mental Health & Addiction Services (DMHAS). MPCS provides these services through the following programs:

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- Community Housing Assistance Program (CHAP)
  - Father to Father Program
  - Female Empowerment Program
  - Home Based Therapeutic Services
  - Supervised Visitation Program
  - Supportive Housing Program
  - Therapeutic Support Services/Support Services
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#### *Conference Highlights*

- ♥ *Overnight Event*
  - ♥ *Exciting Workshops*
  - ♥ *Team Building Exercises*
  - ♥ *Ice Cream For A Dream*
  - ♥ *Talent Show*
  - ♥ *Entertainment*
  - ♥ *Professional Photography*
  - ♥ *Games*
  - ♥ *Raffles & Prizes*
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## Conference Workshops

*During our groups and individual work, we have found that the youth we work with typically need support, information and discussions surrounded around the following four topics:*

### Relationships

*These workshops will help young ladies:*

- ~Identify healthy and unhealthy relationships between peers and partners*
- ~Learn the skills to set appropriate relationship boundaries*
- ~Educate young women about dating violence*

### Self-Image

*These workshops will help young ladies:*

- ~Love who they are and they body they have been given*
- ~Gain self-confidence*
- ~Teach young ladies the danger of social media and reality television.*

### Healthcare

*These workshops will help young ladies:*

- ~Understand the importance of proper hygiene*
- ~Identify healthy foods and exercises*
- ~Learn about physical, emotional, mental and sexual health*

### Education

*These workshops will teach young ladies:*

- ~That Dreams are a Girl's Best Friend*
- ~Budgeting skills*
- ~How to achieve academic excellence*

## Registration

Each participant needs to complete a registration form. This Registration Form will assist MPCS with proper topics for discussion as well as assist us with planning fun, exciting and age appropriate activities.

The cost of this year's conference is \$50 per person or \$25 per person with an attached one page essay. The essay should answer the following 3 questions:

1. What is Female Empowerment to you?
2. How will attending the conference benefit you?
3. What qualities or skills do you have that may benefit other young ladies attending the conference?

Registration Forms **MUST BE** received in our office by Monday, October 7, 2013. Forms can be sent via mail to:

Female Empowerment Program  
915 Asylum Avenue  
Hartford, CT 06105

Via Fax: 860-656-0491

Via Email:

[femaleempowerment@mypeople-ct.com](mailto:femaleempowerment@mypeople-ct.com)

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**3<sup>rd</sup> Annual  
Female Empowerment Conference: Dreams are a Girl's Best Friend  
Saturday, November 9<sup>th</sup> – 10<sup>th</sup>  
Registration Form**

**General Information**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_ Gender:   F    
Email: \_\_\_\_\_  
Birth date: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

**Organization/Agency/Guardian Information**

Organization /  
Agency/Guardian: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Contact Person: \_\_\_\_\_ Work \_\_\_\_\_ Cell: \_\_\_\_\_

**Talent Show**

As part of the Conference Entertainment, we will be holding a talent show. Each individual/group will have up to 3 minutes to perform their talent. The winner(s) will receive a prize. There can be no more than 5 people in one group. If a group wins, the prize will be split evenly amongst the participants.

Yes I Would  
like to  
participate in  
the Talent  
Show

No I do not wish  
to participate in  
the Talent Show

My Talent is: \_\_\_\_\_

One of my  
dreams is to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_