



# Young Women's Empowerment Weekend

## 2012

Do you want to ...

- ⊗ Make your dreams and goals a reality
- ⊗ Have better friendships
- ⊗ Know more about dating healthy relationships
- ⊗ Have a better relationship with parents
- ⊗ Get rid of anger and pain
- ⊗ Be a great leader
- ⊗ Trust and make better choices
- ⊗ To have a lot of fun
- ⊗ Feel empowered in your life
- ⊗ Love who you see in the mirror everyday

Then come to hang out with us at the Young Women's Empowerment Weekend  
this May 3<sup>rd</sup> - 5<sup>th</sup>, 2013.

**Location:** Ben Lomond, CA (Quaker Center Camp)

**Date:** Friday 6pm May 3<sup>rd</sup> to Sunday 1pm May 5<sup>th</sup>, 2013

**Tuition:** \$150; limited scholarships are available

**Age:** for young women ages 12-18

For further information about the YWEW contact Michelle Myers at  
831-234-7580 or email [info@ywew.org](mailto:info@ywew.org).

Visit our web site at [www.ywew.org](http://www.ywew.org) for  
more information and to download forms online.



# Young Women's Empowerment Weekend Graduate Testimonies

## "Because I'm Worth It!"

"This weekend I learned to believe. Love, respect, care for and appreciate myself because if I won't no one else will and most importantly because I am worth it. I learned having relationships with others is important because we can learn, support, and encourage each other. I learned that if I open up and really try I can forget and let go of the bad past relationship with my mother and start a new." - *Karla age 17*

"I learned that nobody is alone when it comes to a number of things, whether it be relationships with Dad or attitude or self-image. It's very important for girls to realize this. It may be the thing that prevents them from suicide or sleeping with that drunk guy they just met. I hope to see this "support" better everybody's relationships. For myself, I love the feeling of not being alone; I can't imagine anybody that would actually choose to be alone. After all, everything in life is a choice." - *Stacie age 16*

"I learned to believe in friends, self body image is not all what the media says, how to have a great relationship with guys, my mom, and friends, how to handles self-esteem and to trust other young woman. This was a great experience and I will keep coming back." - *Jessica age 12*

"I learned that I am in control of my life and I learned a lot about how to improve my relationship with my boyfriend. And that I can have a more fulfilled relationship with my family." - *Kimberly age 14*

## "Girl Power Weekend"

"While going to the Girl's Weekend, I got more than what I expected to get out of it. I learned about self-esteem, what you're attitude can say to people and what exactly your attitude is saying, how much mother's are a part and influence a girl's life, and simply being with great women and good friends who have more in common, or even more amazing personalities than you think. One of the best parts is meeting new friends, sharing your emotions, advice and information with other people, and making a bunch of great friends." - *Laura age 15*

"Go for you Goals: One major thing I've learned this weekend is to go for your goals. You and only you can make yourself get there. Your determination, self respect, faith in yourself, and your own heart will all help lead to your dreams. If you just take the first step, whether it be get good grades or to become more sure of yourself. I think that ever girl and young women deserves to have hopes and goals, even if they're impossible. They should come from the heart and should be followed through by the heart." - *Ashlin age 14*

"While I have been here these 3 days I have learned a lot about trust, friendships, and also that I am not alone. Being here has helped me to want to take the steps to make my dreams come true and also to want to become that stronger more powerful woman that everyone has inside of them." - *Nicole age 14*

## "Girl Talk Weekend"

"I want to pass on the strength for young women to love themselves just like I learned this weekend." - *Mother To Be age 18*

"What I learned here is that you might think you are alone but you are not. Everyone has problems, maybe like yours. That would mean that you're not alone. Just because you're different and people at home think you are weird, doesn't mean you should shut down and not tell anyone your feelings." - *Michelle age 18*

"I would like to bring to others the love, openness and understanding that I've been shown." - *Hillary age 13*

## "Girl Pride Weekend"

"I've learned not to worry about what people say about me and not to worry about weight problems. In other words, I have higher self esteem." - *Crystal age 12*

"Women are all very similar and if we open up then we can have girlfriends. We think alike, our thoughts and emotions... and go through the same or similar experience and we can relate. It's our pain that holds us back and it's hard to get rid of it. Help the women beside you and learn to become a positive girlfriend." - *Angie age 12*

"You are not your attitude although you can survive and live through an amazing amount...your attitude doesn't need to." - *Shambhavi age 17*

"Some things I'd like to pass are: One, never give up. Two, you can do anything that you put your mind to. Three, always believe in yourself and opening up feels so much better than holding it all inside." - *Carisa age 15*

## "Proud to Be Me Weekend"

"The most important thing I've learned from this weekend is how to feel. I would not have learned how to gain this if I had not learned how to set aside my "cool" self and let the real me be out in the open and vulnerable to change. I'm glad I was able to do this because I genuinely feel I got the most out of this weekend." - *Jana age 15*

"I learned not to judge people and I've learned not to judge me for what I look like. This group has given me way better confidence." - *Laura age 14*

"I want to share with every girl that this is one of the best experiences and that every girl should be proud to be a woman." - *Jen age 18*

# The Young Women's Empowerment Weekend

## What is the Young Women's Empowerment Weekend?

The Young Women's Empowerment Weekend (YWEW) is a non-profit organization dedicated to educating young women to empower themselves. We create weekend workshops/camps for young women ages 13-18. The Weekend is a caring, fun, and safe atmosphere for young women to come together to be creative, to learn, teach, share, and receive. It is designed as a rite of passage workshop that provides support and guidance to help young women build a strong foundation for their transition through young womanhood. The facilitators team with the Weekend participants to teach and encourage each young woman to accept and embrace who they truly are and who they want to be. They accomplish this by gaining awareness and understanding of their own root causes for their choices, fears, barriers, strengths, and power learning skills to make healthier life decisions. *We also create weekend or full day workshops for organizations and schools. Call us for more details.*

**So, come join us for an incredible learning experience. Discover more about relationships, self-empowerment, friendships, body image, trust, and much more.**

## Who are the Volunteers?

The facilitators are caring women volunteers in your communities who believe that every person reaching out to help another with genuine caring can change the world. We are mothers, daughters, sisters, wives, girlfriends, and YWEW graduates that are dedicated to giving back the gifts we have received in our lives, to continue a legacy of successful relationships and healthy living. Other volunteers are men, women, and young women who believe that relationship, family, and community are the cornerstones of a healthy and vital society. They embrace that miracles can come true when people in the community work together. We also have several professionals in the field of youth services volunteers.

## How is the Weekend Funded?

Our funding comes from the hearts and pockets of those groups and individuals in your community who care and support what we are doing for youth. We are able to continue the Weekends because of the hard work and dedication of our volunteers who procure materials, food, and money through fundraising activities, donations, and sponsorships for each Weekend. Fundraising activities are being planned in communities throughout the Bay Area. Information will be posted on this site as soon as plans/details are finalized (ie: bowl-a-thons, raffles, and car washes). All money raised goes toward the continuous success and growth of the Young Women's Empowerment Weekend.

## What can you do?

Your donation of time, materials, or money is an investment in the future of young women. Ways you can support the growth and success of the Young Women's Weekends: sponsor a young woman who can't afford to attend, make a cash donation, donate materials (paper, pens, magazines, art supplies, poster board...), become a sponsor or supporter (helping with fundraising and community outreach), or offer a site for us to use.

For further information about the YWEW, to make a donation, volunteer or to sponsor a young woman contact Michelle Myers at (831) 234-7580 or email [info@ywew.org](mailto:info@ywew.org).