



Inspiring all girls to be
strong, smart, and bold

**Girls Inc. of Greater Santa Barbara
Camp Ignite—Teens
Summer 2017**

Throughout the summer, teens will cook, create, explore, and dare to do. It will be a summer to remember--hanging out, chillin', and kicking back with friends while exploring new ideas, taking healthy risks, and becoming leaders.

Week #1 June 12-June 16 – Inhale. Exhale. Repeat.

Breathe, stretch, shake, and relax! The teen years are a challenging time, with daily problems and worries often causing mental clutter and stress. This week, girls will explore how to keep their minds healthy and strong and how to develop techniques to keep calm and carry on!

Week #2 June 19-June 23 – Challenge Me

What can we learn from “Minute to Win It”-style challenges? They help us learn to think quickly, to work with others, and to communicate clearly. Why do we love them? Because they are hilarious! Join us for these and other challenges for a week of fun and games.

Week #3 June 26-June 30 – Horse Power

“Hoof” it on over for the “mane” event this week when girls spend the morning at Hearts Equestrian Center. Through the special bond they make with the horses, girls will not only learn to ride and care for these magnificent animals, they will also learn leadership skills, teamwork, and compassion.

Week #4 July 3-July 7 – Outdoor Adventures

Stepping outside our comfort zone and learning to take healthy risks is essential to growing up strong, smart, and bold! Girls this week will challenge themselves to new adventures while building a safe and supportive environment around them. Climb, jump, paddle, and hike your way to new adventures!

Week #5 July 10-July 14 – “Eureka!” Discovering the College Experience

College is closer than you think, even though it can feel far away when you don't know what to expect or how you will get there. Come experience a week on a college campus and learn what it will take to apply, pay for, and survive college. *This week will be held on the SBCC campus (transportation provided to and from Girls Inc.)*

Week #6 July 17-July21 – Future Me and My Career

What is your ideal career? What type of environment do you want to work in? What are your greatest strengths and assets? Girls learn the possibilities that await them in the years ahead, with a spotlight on interesting careers and the journey it will take to get them there.

Week #7 July 24-July 28 – Community Advocacy in Action

Fuel her fire and she will change the world! Girls will stand up, speak out, and take charge. They will experience the thrill of advocating for change in their communities while learning about teenage movers and shakers around the world.

Week #8 July 31-August 4 – Chopping Our Way to Strong, Smart, and Bold!

Girls this week will chop their way to a more nutritious life as they learn the skills and knowledge needed to plan, budget, and make healthy and nutritious meals for themselves and their families.

Week #9 August 7-August 11 – Art Experiences

Express yourself with enthusiasm! Girls will visit museums, observe artists at work in their studios, and create original works of their own. It's a great way to express themselves and to record their memories as they say farewell to summer and to the community of friends and staff who inspired them to be strong, smart, and bold.