

Ruby Martin  
YWCA York  
320 East Market Street  
York, PA 17403

June 6, 2018

**To All York City Girls Ages 14-17,**

Join us for YWCA York's **2018 DREAM WEEKEND** with some of York City's most inspirational female leaders for a networking and personal development experience that will celebrate your dreams and goals for the future.

Come and determine your legacy, explore social and racial justice, discover mindful practices, cultivate your creativity and be empowered to be your best YOU!



This experience will be an overnight adventure at YWCA York's Camp Cann-Edi-On located at 870 Sheepbridge Road, York Haven. **Free** of charge! Join us **FRIDAY, July 13 at 5:00 pm through SATURDAY, July 14 at 4:30 pm** for this year's DREAM WEEKEND event.

For additional information, please see the attached information and permission slip. All meals are provided and each participant will receive a free t-shirt as well as an inspirational gift. Transportation is available upon request.

We hope you will sign up today and share this information with your friends! Registration is first come, first serve with only have 30 spots available! All registrations must be submitted to Ruby Martin at YWCA York, 320 East Market St, York, PA 17403 or e-mailed to [rmartin@ywcayork.org](mailto:rmartin@ywcayork.org) no later than June 29, 2018. Please call 717-845-2631, ext 119 with questions.

**(See attached forms)**

Sincerely,

Ruby Martin  
YWCA York Chief Program Officer

# YWCA York's 2018 DREAM WEEKEND

Friday, July 13 at 5pm - Saturday, July 14 at 5pm

YWCA York's Camp Cann-Edi-On  
(870 Sheepbridge Road, York Haven, PA)

**YWCA**  
**IS ON A**  
**MISSION**

- **FREE** of charge
- For girls in York City ages 14-17
- All meals provided
- All participants receive a free inspirational gift and t-shirt
- Transportation available upon request

## Schedule of Events:

- **Friday, July 13**
  - Networking/Creation of Expectations
  - Mindful Eating
  - Dinner
  - Social/Racial Justice Conversation
  - Body Image Chat
  - Camp Fire with S'mores
  - Karaoke Party
  - Black Panther Movie
- **Saturday, July 14**
  - Breakfast/Networking Session
  - Free Choice Stations from 9am-4pm:
    - Painting
    - DIY Body Scrubs and Deep Hair Conditioner
    - Trap Yoga
    - Jewelry Making
    - Henna Tattoos
    - Vision Boards
    - Writing/Poetry and Journaling
    - Meditation/Mindfulness
    - Water Polo/Gaga Ball
    - Healthy Eating "Make Your Own Smoothie"
  - Lunchtime Session – "Emotional Intelligence"
  - Pool Open from 1-3pm
  - Wrap Up Session on Goal Setting

## Girls Should Bring:

- **Toothbrush and toiletry items**  
*(there are showers and toilets at camp)*
- **A blanket and pillow**  
*(or sleeping bag)*
- **Change of clothes, sweatshirt or jacket**
- **Bag or backpack to secure their belongings**
- **Sun screen**  
*(bug spray will be provided)*
- **Swimsuit and towel**  
*(if interested in swimming Saturday!)*

# YWCA York's 2018 DREAM WEEKEND



**Detach permission slip and return to YWCA York, 320 East Market St, York, PA 17403 or scan to Ruby Martin, [rmartin@ywcayork.org](mailto:rmartin@ywcayork.org). Permission slips must be received by June 29, 2018 in order to receive a t-shirt. Limited space available and filled on a first come, first serve basis.**

My daughter, \_\_\_\_\_, has my permission to attend YWCA York's 2018 DREAM WEEKEND on July 13 and 14, 2018. I am aware my daughter will be discussing important teen issues like body image, dating and relationships, and will be in a safe and nurturing, supportive environment. I have discussed with my daughter the importance of supporting and respecting the other girls and the leaders attending this event. I am aware my daughter may be participating in supervised camp fire experiences and will be spending time in nature. I agree that participation in these activities is completely voluntary and will be taken at the Participant's sole risk. I further agree YWCA York and all of its representatives shall not be held liable for, and are hereby released, from any claim, demand, action, or causes of action for any injuries, illnesses, or damages to the Participant's person or property while engaged in the Camp or using any of the Camp's facilities.

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Please have participant answer the following questions:**

T-Shirt Size: \_\_\_\_\_

Any allergies or medical issues we need to be aware of? Please describe:

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Dietary Restrictions:

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Take a close look at the schedule for Saturday. Is there any interest or sessions not there that you would like to see offered?

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Any fears or discomforts you want to share with us before this experience?

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