



9th Annual Girls' Day Out
 "Still I Rise"
 November 15, 2017
 Glen Sanders Mansion, Scotia, NY



CONFERENCE SCHEDULE

9:30 Registration Lobby
9:45 – 10:00 Breakfast Ballroom
10:00 – 10:10 Welcome: Dianne Crozier & Ebony Belmar Ballroom
10:10 – 10:25 Keynote Speaker: Margaret Barrow Ballroom

10:30 – 11:30 Workshop Session 1

"Virtually Anywhere" Salon C
See the world, appreciate other people as human beings and understand feelings in three-dimensional Virtual Reality with Google Expeditions. Facilitators: Kristina Graves, SCSD Librarian & Angela Suflita, SCSD Teacher

Mind Full or Mindful?Glen Suite
Getting clear about stress. How to deal with the stressors of being in 7th grade.
Facilitators: Laura LaFontaine, teacher/coach & Colleen Clausson, SCSD social worker

I'm All Good - First Steps to Healthy RelationshipsStockade Room
Discuss first steps to dating. Students will learn to identify readiness for and how to maintain a healthy relationship. Participants will learn to identify what they need to be in a healthy relationship and how to recognize unhealthy relationships.
Facilitators: Hemavattie Ramtahal, Community Educator, Planned Parenthood Mohawk Hudson, Teens Helping Teens Peer Educators

Building Bridges – Mending Fences.Ballroom
Do you have goals/dreams? You make a plan but "stuff" gets in the way? Feel like no matter how hard you try you just can't get it right? Success begins here!
Facilitators: Leah Akinleye, Dean SCSD; TeAna Taylor, Mediation Program Coordinator Meralys Collazo, Peer Mediation Coordinator

Wise Choices Today. A Better TomorrowSalon A & B
Are you experiencing a challenge? We will talk about these issues in a small group setting with college women who have successfully overcome many of the same issues you face today.
Facilitators: Angela Tatem, Director, Kenney Community Center, Union College; Union College Students

Surviving 7th Grade & BeyondPatio
Middle school can be a unique and challenging experience! Join us to learn skills designed to encourage your success. A panel of 8th grade girls will join us to share their experiences. Bring your questions and any difficulties you are facing!
Facilitator: Bernice Rivera, Assistant in Educational Services, NYSUT Education and Learning Trust
Panelists: Keoshaney Young MPMS, Shanyja Brown & Shadaya Fonder-Gilmore, SCLA, Shantel Torres, CPMS, Shamiah Walker, OMS

Mind Exercise – MindfulnessWine Room
Become resilient and improve focus, reduce worries, anxiety and stress. Increase optimism and experience greater calmness.
Facilitators: Amanda Keil, Director of Special Programs Brown School & Dawn Przekurat, Area Coordinator, Brown School

Still I Rise! Mohawk Room
Sometimes it feels like life is all bad; all kinds of difficult (traumatic) events come your way – this workshop will help you rise up each day & face those challenges. You can make it!
Facilitators: Laura Combs, Director New Choices Recovery & Mary LaFountain SCSD, Social Worker, & Epiphany McGee WIEC

Stand Up! Dining Room
It's not just about bullying or standing out; it's about being your unique self- it's about the right to be who you are.
Facilitators:Beth Martinez, Education Director for the Albany Region of ADL & Nicola C. Straker, Education Director, NY Region of ADL

Weed is Not a Drug! Or Is It? Ballroom
Fun interactive discussion centered on marijuana and other drugs
Facilitators: Nichele Darby & Officer Komieko Mosher

11:33 – 12:33 Workshop Session 2 (Same as above)

12:35 – 1:10 Lunch Ballroom

1:10 – 1:15 Mindfulness Minutes Ballroom

1:20 – 2:20 Arts Expression Workshops

Poetry/Spoken Word Deborah Glenn Room

Using the art of spoken word you will be able to tell everyone some of your story.

Facilitators: Raeshelle Frasier, WIEC teacher

Visual Art Stockade Room

Let loose and explore your own creativity by creating personal symbols paintings. You will get to design your artwork that represents where you have been, who you are, and who you'd like to become.

Facilitators: Heather Hutchison, Art Therapist, CREATE Community Studios & Charlotte Mack, Instructor, CREATE Community Studios

Dance – Step & Hip/Hop Ballroom

Express yourself through movement and rhythmic beats.

Facilitators: Latisia Rivera-Johnson, Dancer & Performer & Bernice Rivera, SCSO School Board

Drumming Mohawk Room

Together we will tune into our heartbeats and have fun listening and cooperatively creating rhythms, using hand drums and a variety of percussion instruments from many cultures. No drumming experience is required.

Facilitators: Chrys Ballerano, Director of Collaborative Holistic Services & Trauma Resources, NYSCASA; Jean Fei, Consultant & Trainer

Tae-Kwon-Doh Salon A & B

Taekwondo is a martial art whose name means foot & hand. We will learn how to flow with the movements to create an original form.

Facilitators: Ana Shaello, MVP Community Outreach & Tanya Henderson, Program Director & Residential Supervisor Peter Young Housing Industries & Treatment

Singing/Vocal Expression Salon C

Lend your voice and soul in a musical expression of your inner beauty and power. Bring your singing voice!

Facilitators: Nikki Sanders, Singer & Anna Robinson, Parent Liaison MPMS

Self Defense Dining Room

Learn self-defense skills to help avoid violent situations and increase personal safety. Practice skills such as blocking, hitting and kicking. Learn how to use your voice to help increase personal safety.

Facilitators: Diana Suits, Schenectady Site Manager, Girls Incorporated® of the Greater Capital Region; Kerry Gribbon, Grant Development & Partnerships Manager

Improv Wine Room

Interested in acting or being on stage? Believe there's a dramatic side to you? This is the workshop you want to be in! Sign up!

Facilitators: Kat Koppett & Livia Armstrong, MOPCO, Improv Theatre

Dance – step Patio

This is the workshop that makes you want to move that body. You will feel the beat and move with it!

Facilitators: Angelica Bynoe, SCSO Secretary & Kurticiah Thompson. Dancer, Imagine Sane

Beauty Salon Inn Suite

Get some tips on making the most of what you have or don't have! Beauty secrets shared!

Facilitators: Terry Taylor, Beautician & Stylist WIEC & Rita Willington, Mary Kay Cosmetics

2:20-3:00 Finale Ballroom
Student performances
Wrap up, Evaluation & Gifts

3:00 Girls line up for buses – MPMS 3:05 & CPMS 3:10 & OMS 3:13