



After School Buddies

Aspire, Share & Build!



Hey Girls – Join ASB and “Thrive!”

Middle school...a time when you look at yourself and start wondering about the “enoughs” ... are you **good** enough, **strong** enough, **pretty** enough, **smart** enough, **athletic** enough, **creative** enough, **funny** enough, **popular** enough, **kind** enough, **caring** enough and more. Does that sound familiar?

Join **ASB “Thrive”** and learn how **amazing you - that’s right – YOU!** actually are. Spend Wednesday afternoons with other middle school girls and compassionate, caring college and adult mentors (“**Big Buddies**”). Come and explore new ways to

- Make new friends and improve relationships with current friends
- Increase your self-confidence and self-esteem
- Improve interactions with family members
- Take care of your mind, body and spirit – inside and out
- Give to yourself by giving to others.

Wednesdays **1:30-4:30 pm** starting **Nov 1, 2017**

Christian Life Center–Hiway 20 Bend



After School Buddies

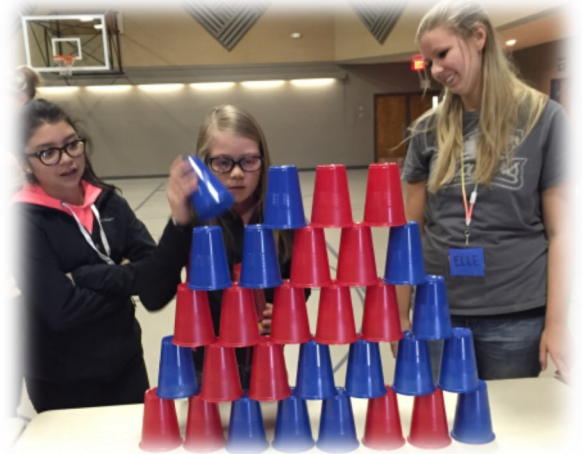
Aspire, Share & Build!

The **After School Buddies “Thrive”** middle school program prepares girls for the difficult social and academic challenges of the adolescent years by providing caring and compassionate adult and college-aged female coaches (“Big Buddies”) in weekly after school mentoring sessions.

What can a middle school girl expect from being a participant in **After School Buddies “Thrive”**?

You will be encouraged to

- ★ **A**spire to discover **self-confidence** and **self-respect** ;
- ★ **S**hare with others by **community projects** while discovering personal **passions/talents**;
- ★ **B**uild **healthy relationships** and a **healthy mind, body and spirit**.



Under the leadership of our “Big Buddies” middle school girls working in teams will engage in an assortment of challenging and fun activities including cooking, outreach projects, arts, crafts, exercise, music & more. **You will**

- ★ Be **empowered** to make good choices that impact your **education, health, family** and your **world**;
- ★ Be **encouraged** and **inspired** to experience the **joy** of **giving** to **others**.

This **FREE** program, in its **16th year**, meets weekly from **November** to **May**. 6-8th grade girls are invited to come to **Christian Life Center** and take the next step to becoming **independent, confident and compassionate community members**. ASB has served **more than 1500** students and women of Central Oregon since 2003. Don't miss this chance to experience the encouragement of amazing role models while learning to love others as you are loved.

*ASB is a faith-based organization however it is not sponsored by an individual church or denomination. Participation in a local church or church group is **not** required nor expected.*

Applications for ASB are being taken NOW! Preregistration is required.

Students must preregister to attend ASB. Completed and signed parent/guardian permission slips are required. Complete the enclosed application form and return to the address on the bottom of the form promptly. Middle School ASB meets in the gym at the Christian Life Center on Highway 20 east of Costco. Information regarding free Bend Lapine bus transportation from Pilot Butte, High Desert or Sky View middle schools will be provided upon registration. Students from other Bend middle schools or home schooled girls need to arrange for car pooling as BLSB buses are not available. For further information, contact:

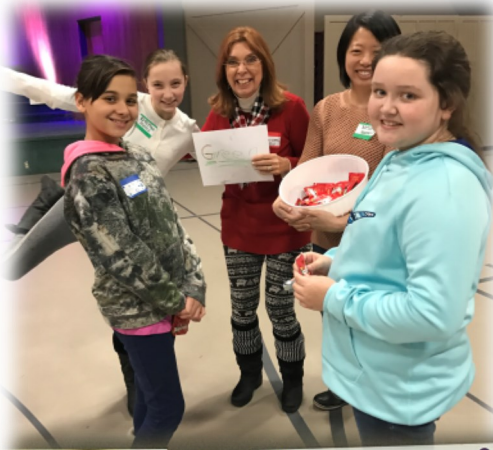
Charlene Schulz Executive Director After School Buddies, Inc.
541 390-3046 or email afterschoolbuddies@gmail.com



What Happens at **Thrive!** ??

- 1:00 Adults/college mentors (Big Buddies) set up and review day's plans
- 1:30–1:50 Buses arrive from Sky View, High Desert & Pilot Butte; other students by car pool
Students check in and move to “**SIGs**” led by Big Buddies at **Special Interest Group** tables: *Help w/Homework; Arts; Book Club; Board/Card Games; Dance/Music & more*
- 2:15-2:40 Group welcome as students move to assigned table groups; Snack n Share (snack provided by BLS D at east side Thrive!); Conversation topics prepared by Big Buddy leaders
- 2:45 Large group physical activity - games; dance; sports
- 3:00 Lesson presented by Big Buddy leaders; eg: “Strong Girl” topics; “Cooking Matters”; STEM activity; outreach project
- 3:30 Table (small) group follow up discussion or activity
- 4:00 All group wrap up followed by gym/kitchen cleanup; Free play until...
- 4:30 Parent pickup
- 4:40-5:00 Debriefing meeting for adult leaders

Schedule may vary if it is a “Cooking Matters” or field trip/outreach day.



The most expensive thing in the world is TRUST. It can take years to earn ... but only seconds to lose.

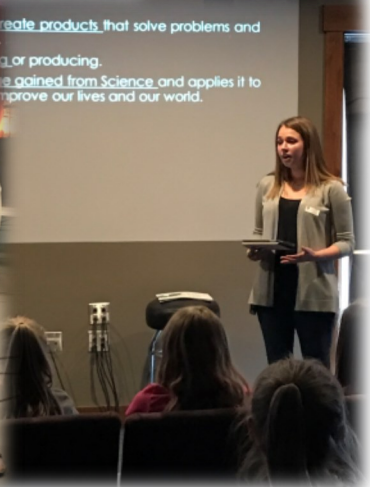
TRUTH *tell the truth*

RESPECT *don't spread rumors or gossip*

UNDERSTANDING *accept others as they are*

SUPPORT *during good and bad times*

THANK *gratitude*



TECHNOLOGY
 create products that solve problems and
 ing or producing.
 ase gained from Science and applies it to
 improve our lives and our world.