



B*A*R*B*I*E
BOOT CAMP



*** HELPING GIRLS BUILD CONFIDENCE, CHARACTER & PURPOSE ***

Q: What is B*A*R*B*I*E BOOT CAMP?

A: **B*A*R*B*I*E BOOT CAMP** is a program designed for pre-teen and teen-aged girls to teach and demonstrate fundamental principles necessary to achieve a positive self-image and to cultivate healthy relationships.

B*A*R*B*I*E BOOT CAMP was founded by a mother /daughter team to address an ever-growing need to help guide young women on the right path as they mature into adults (**our future mothers and leaders**) in a tumultuous world.

Carrie J. Carter-Reall: a renowned Licensed Professional Counselor, with two Master's Degrees: one in Education Administration and the other in Child, Marriage and Family Counseling. With 32 years' experience, specializing in a multitude of adolescent and young adult issues, she has the tools and expertise to address almost any issue.

Barbie D. Law-Riccardelli: a former Law Enforcement Officer, who has spent the last 17 years specializing in conflict resolution and positive self-actualization for adolescents and young adults facing difficult life situations.

Q: What does one do at B*A*R*B*I*E BOOT CAMP?

A: **B*A*R*B*I*E BOOT CAMP** consists of three age groups: 10-12yrs / 13-15yrs / 16-18yrs.

With age appropriate topics, our girls are taught and encouraged to express themselves in a positive manner utilizing effective life skills, current education, and goal setting techniques.

Age appropriate groups are a fun and exciting way to learn and to grow; a safe environment to explore fears, hopes and dreams; and an ideal setting to practice skills necessary to counter the negative influences and the many challenges facing each of us every day.

Q: Who conducts B*A*R*B*I*E BOOT CAMP and where is it held?

A: All of the therapists and staff at the Circle of Life Counseling Center contribute to and help conduct **B*A*R*B*I*E BOOT CAMP** applying each of their unique talents while utilizing our youth's natural tendencies to be with their peers, to socialize and to have fun....all while being guided in a productive, creative, and positive manner.

Camp incorporates activities both on-site and off-site at various locations.



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