

Cinnamongirl 2008-2009 Program Calendar

Please Note: All **Wednesday** Cinnamongirl (CGI) meetings will be held at **Barnes & Noble, Jack London Square** from **4:00 p.m.-5:30 p.m.** **Prompt pick-up from the circular driveway at 5:45 p.m.** unless otherwise noted.

September 2008

Summer Newsletter

Cinnamongirl Kick-off Meeting— DEVELOPING THE WHOLE SELF: SELF-ESTEEM

Wednesday, September 10th, 6:00 p.m.-8:30 p.m.

This meeting will kick off our 5th year of serving Cinnamongirls. The program theme this year is: "Developing the Whole Self: Self-Esteem". The "whole self" is the core of who we are and affects our drive for success as well as how quickly we recover from life's setbacks. Especially for young women, self-esteem is under constant attack. CGI strives to teach the Cinnamongirls the importance of protecting their core, and realizing when it's under attack. Later, we will review the Cinnamongirl program and the expectations we have for each participant. **Parents are expected to attend.**

Cinnamongirl One Day Retreat: DEVELOPING THE WHOLE SELF: SELF-ESTEEM

Saturday, September 20th, 9:00 a.m.-4:30 p.m.

As our first CGI workshop for the 2008-2009 program year, CGI hosts its fourth retreat for the Cinnamongirls. A series of activities are planned to encourage healthy relationships between the girls and the mentors. In addition to forging friendships, the girls will engage in discussions and activities to understand the critical importance of healthy self-esteem.

October 2008

Cinnamongirl Service Discussion

Wednesday, October 1st, 4:00 p.m. - 5:30 p.m. (20 minute speaker- breadth of options)

The girls will be presented a community service idea, and will decide how best to execute the service as a group. The **Cinnamongirl Service Project** expands the Cinnamongirls' leadership abilities, project management and teamwork skills. Most importantly, Cinnamongirls learn how they can make a difference in someone's life. All follow-up meetings on executing this project will be announced.

Cinnamongirl Service Discussion- continued

Wednesday, October 8th, 4:00 p.m. - 5:30 p.m.

Community Service Project will be confirmed. Next steps outlined.

Experiences I want for Myself

Saturday, October 18th, 11:00 a.m. - 3:30 p.m.

This outdoor activity takes the Cinnamongirls and mentors on a hike/walk away from the city and onto a few nature trails. Different from our goal setting workshops of the past, we will discuss the kinds of experiences we hope to have in our lives. Bring a sack lunch.

Conversations With Extraordinary People: Hill Harper

Saturday, October 25th, 8:30 a.m. - 2:00 p.m.

The *Conversations with Extraordinary People* series kicks off with writer/actor Hill Harper. Harper has found great success with his two books *Letters to a Young Sister: DeFine Your Destiny* and *Letter to a Young Brother: MANifest your Destiny* as well as acclaim in his acting in television, stage and screen. This is a special, private appearance with the Cinnamongirls. They will be discussing self-esteem oriented topics that are the focus of Harper's book and the CGI program: insecurity, gossip, self-confidence, self-reliance, making apposite impact on the world, and more.

November 2008

Fall Newsletter

Cinnamongirl PJ Parties with Mentors

Friday November 7th, 7:00 p.m. - Saturday, end time TBA

One of the most enjoyable activities last year, mentors are again hosting PJ parties for the Cinnamongirls. Girls will be grouped based on interests such as reading, poetry, dance, sports, shopping, music, etc.

Females and Financial Freedom

Saturday, November 22nd, 11:00 a.m. - 1:30 p.m.

Cinnamongirls will discuss how to manage their money, how they should respond to money as a young person, and ways they can invest at a young age. This event will be hosted by Patelco Credit Union. Guest Speakers, Q&A.

December 2008

I Love Me Because...

Saturday, December 6th, 11:00 a.m. - 4:00 p.m.

This Cinnamongirl activity includes creative writing, word art, collage or poetry with the theme of "I love me because..." Cinnamongirls and Mentors will work on their art forms prior to this activity and arrive prepared to mount their work on arts and craft paper. Mentors and Cinnamongirls bring their favorite dishes as our meal for the day.

Parents & Cinnamongirl Meeting

Wednesday, December 10th, 6:00 p.m. - 8:00 p.m.

Details TBA

January 2009

Magnificent Me!

Saturdays & Sundays, times TBA

The Cinnamongirls and Mentors will gather in small groups for an afternoon taking care of "me". Mentors and Cinnamongirls will discuss positive and effective ways of coping with the negative thoughts that ultimately eat away at self-esteem. Discussions will take place over the activities the mentors will choose such as fitness routines, music, dance, self-care, yoga, sports events, etc. Each Cinnamongirl group will enjoy a different activity.

Cinnamongirl Community Service Recap

Wednesday, January 28th, 4:00 p.m. - 5:30 p.m.

Jr. Mentors will lead a group Cinnamongirl and Mentor discussion on to how the service project was executed and how others responded to the work done.

February 2009

Winter Newsletter

Love & Relationships

Saturday, February 7th, 11:00 a.m. - 3:00 p.m.

A flagship activity with the Cinnamongirls, this year CGI will give the girls a female perspective on relationships and love. Cinnamongirls aged 14 and older will attend.

Cinnamongirl Raffle

Details TBA

March 2009

Conversations with Extraordinary People—Staying True to Yourself

Wednesday, March 4th, 4:00 p.m. - 5:30 p.m.

Our guest will speak candidly about his/her triumphs, failures, and their thoughts about their own self-esteem. There will be a Cinnamongirl Q&A session.

Experiences I Want for Myself

Wednesday, March 18th, 4:00 p.m. - 5:30 p.m.

As a way of staying focused on their dreams, Cinnamongirls will discuss insights gained, tools learned and milestones reached toward their goals and accomplishments.

April 2009

National Coalition of 100 Black Women - Madame CJ Walker Luncheon

Date and Time TBA

5-6 Cinnamongirls will attend this powerful luncheon of over 4000 guests who will come together to celebrate the great achievements of females living extraordinary lives. Since this event is during school hours you must have a strong GPA (3.0 or higher), excellent attendance at school, and permission from your parents to attend.

Conversations with Extraordinary People—Getting Past Failure and on to Success

Wednesday, April 8th, 4:00 p.m. - 5:30 p.m.

Our guest will speak candidly about his/her triumphs, failures, and their thoughts about their own self-esteem. There will be a Cinnamongirl Q&A session.

Cinnamongirl Meeting with a Workshop on Etiquette

Wednesday, Date TBA

This Wednesday meeting will include a fun and informative discussion and review of pointers on etiquette as we prepare for the annual CGI Ladies Tea. Girls will be able to ask questions and learn tips on how to feel comfortable as events such as the tea, how to act as an Ambassador for CGI, and what to do with your used tea bag will all be addressed.

Ladies Tea Celebrating 5 Years of Serving Girls

Sunday, April 26th, 3:00 p.m. - 5:30 p.m.

Details TBA

May 2009

Special Edition Spring Newsletter

Cinnamongirl Submissions Due - firm date TBA

Cinnamongirls will write pieces for the CGI newsletter.

Professional Business Women's Conference

Wednesday, May 6th, time TBA

Details TBA

Cinnamongirl Meeting with a Refresher on Etiquette

Wednesday, date TBA

This Wednesday meeting will include a follow up on manners and how the girls enjoyed the CGI Ladies Tea.

Hindrances that Keep Me from Being My Best – Facilitated by Lisa Walker

Wednesday, May 20th, 4:00 p.m. - 5:30 p.m.

Details TBA

Cinnamongirl Informational Meeting

Wednesday, May 20th, 6:30 p.m. - 8:00 p.m.

5+ Cinnamongirls and Mentors attend informational meetings as Ambassadors to the program, and as a way of supporting the growth of the organization.

June 2009

My Rock

Saturday, June 6th, 1:00 p.m. - 3:30 p.m.

Cinnamongirls acknowledge the influences in their lives that have brought them security and stability. Cinnamongirls and Mentors may share thoughts about these powerful relationships and what they mean to them. Parents and each girl's "rock" should plan to attend. More information to come.

End of Year Celebration

Saturday, June 27th, time TBA

Details TBA

July & August 2009

Informational Meeting(s)

Program Development

Mentor Special Luncheon

Our newest mentors will join Cinnamongirl's returning mentors for a relaxing get-together just prior to kicking off the Cinnamongirl program year. The ladies will share childhood stories that help shape their character as well as their favorite quotes they live by. Mentors will also have the opportunity to give feedback as to the activities planned for the Cinnamongirls.

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