



## WEEKLY ACTIVITIES

### THE SCIENCE THAT SURROUNDS US

Mondays, April 3rd - May 8th (6 weeks)

4:00pm - 5:00pm

\$25 - \$50 sliding scale for the term (scholarships available)

Girls ages 10-15

Join scientists from the UO Women in Graduate Sciences in this new, hands-on workshop! Girls will explore and create through a variety of interactive science themes, including optics, food chemistry, bridge engineering, forensic science, and electrochemistry. No science knowledge or experience required!

[Advance registration is required. Registration deadline is 3/27.](#)

### INTRO TO HIP HOP WITH XCAPE DANCE ACADEMY

Mondays, April 3rd - June 12th (10 weeks)

4:00pm - 5:00pm

\$25 - \$50 sliding scale for the term (scholarships available)

Girls ages 10-18

Build confidence, coordination, and strength in this Hip Hop class back by popular demand! Join award-winning instructor Vanessa Fuller of Xcape Dance Academy to learn basic movements, terminology, flexibility, and choreography in a positive and supportive environment. All levels and bodies are welcome; no experience required!

[Advance registration is required. Registration deadline is 3/27.](#)

### FanFicreation: Write About Your Favorite Fandoms

Tuesdays, April 4th - May 23rd (8 weeks)

4:00pm - 5:00pm

\$10 - \$25 sliding scale for the term (scholarships available)

Girls ages 14-18

FanFicreation is a writer's workshop for girls who want to learn new techniques to improve their fan fiction stories. Girls will explore character development, learn about outlining stories and developing plot, and share their work with like-minded girls in a supportive and encouraging space. Facilitated by OP volunteers.

[Advance registration is required. Registration deadline is 3/28.](#)

### Creative Arts Playshop

Tuesdays, May 2nd - May 23rd (4 weeks)

4:00pm - 5:00pm

\$10 - \$25 sliding scale for the term (scholarships available)

Girls ages 13-18

In this fun and interactive playshop, girls can engage in expressive arts, face painting, music, acrobatics, and more! This workshop will also emphasize body positivity and help girls to develop positive peer relationships through creativity and connection. Facilitated by OP volunteers and interns.

[Advance registration is required. Registration deadline is 4/25.](#)

## ONE-TIME EVENTS, THERAPY GROUPS

## & REGISTRATION INFORMATION

## ON REVERSE SIDE

### GRRRL JAMZ

Wednesdays, April 5th - June 21st (meets weekly)

OPEN ROCK JAM: 3:30pm - 6:00pm

ACOUSTIC HOUR: 5:00pm - 6:00pm

FREE

Girls ages 10-18

Have you ever wanted to play the electric guitar or drum kit? Do you love to sing? Our jam room is open for you to try a new instrument, practice one you already play, or rock out with friends! Grrrlz Rock volunteers are at OP each week to help you find your inner rock star! No registration required. [Please schedule an OP orientation within 2 weeks of attending.](#)

### WOMEN'S ADVISORY COUNCIL FOR YOUTH (WACY)

Wednesdays, April 5th - June 21st (meets weekly)

4:00pm - 5:00pm

FREE

Girls ages 14-18

WACY is a volunteer group committed to leadership, empowerment, and equality for all. We support OP's mission through awareness-raising, advocacy, and fundraising...with fun, humor, and chocolate! Youth-led and directed, come join us to make a difference, make friends, and get volunteer experience! Facilitated by OP staff. No registration required.

[Please schedule an OP orientation within 2 weeks of attending.](#)

### WRITING FOR SUCCESS IN HIGH SCHOOL & BEYOND!

Wednesdays, April 12th - May 17th (6 weeks)

5:00pm - 6:00pm

FREE

Girls ages 14-18 (13 with OP staff permission)

Are you a high school student planning to apply to college or for scholarships? Would you like to practice and receive feedback on personal essays? Are you interested in crafting a resume and cover letter for job applications? This workshop is for all high school girls seeking support for their professional and personal goals in a safe and welcoming environment! Facilitated by OP staff and volunteers.

[Advance registration is required. Registration deadline is 4/6.](#)

### Expressive Arts Club

Thursdays, May 4th - June 8th (6 weeks)

4:00pm - 5:00pm

\$10 - \$25 sliding scale for the term (scholarships available)

Girls ages 10-18

This club is for all girls who love crafting and creating! Activities include jewelry-making, collaging, drawing, painting, and more. All skill levels and creative interests are welcome! Facilitated by OP staff and interns.

[See reverse side to register for our Expressive Arts Showcase!](#)

### Performers at Heart

Thursdays, April 13th - June 1st (8 weeks)

4:30pm - 5:30pm

\$10 - \$25 sliding scale for the term (scholarships available)

Girls 10-18

Led by UO Theatre Dept. instructor and artist Zeina Salame, this improv/performance workshop will teach traditional theater activities and personal storytelling. Whether you're a girl who loves theater and acting, or you're new to performance, join us for this body-positive and girl-centered workshop! Facilitated by OP volunteers and interns.

[Advance registration is required. Registration deadline is 4/6.](#)

# Spring 2017 Calendar of Events

## ONE-TIME EVENTS

### ART & MUSIC-MAKING WITH CHAMBER MUSIC AMICI!

Thursday, April 13th

Thursday, June 1st

4:00pm - 5:00pm

FREE

Girls ages 10-18

Join Chamber Music Amici for two workshops that combine art and music-making! Girls are invited to make art that reflects how they feel while listening to classical and popular music. Girls can also draw the musicians as they play for a chance to see their art used by Amici! [Advance registration is required for each event. Registration deadlines are 4/6 and 5/25.](#)

### MT. PISGAH PLANT WALK! (EARLY RELEASE, 4J)

Friday, May 12th (\*at Mount Pisgah)

2:00pm - 5:00pm

\$10 - \$25 sliding scale (scholarships available)

Girls ages 10-16

Do you like being outdoors? Are you interested in plants or plant anatomy? Do you like to draw the world around you? Are you curious to learn more about what grows in Oregon? Join the NW Youth Corps and OP staff for an artistic, outdoor adventure at Mt. Pisgah in Eugene!

[Advance registration is required. Registration deadline is 5/4.](#)

### AEROSPACE DAY AT THE SCIENCE FACTORY!

Saturday, June 3rd (\*at the Science Factory)

9:00am - 12:00pm

\$10 - \$25 sliding scale (scholarships available)

Girls ages 10-15

Join us at the Science Factory for an Aerospace Day just for OP girls! This workshop includes an interactive planetarium show, hands-on exploration in the Exhibit Hall, and a "Lab" activity on astronomy and engineering.

[Advance registration is required. Registration deadline is 5/25.](#)

### EXPRESSIVE ARTS SHOWCASE!

Thursday, June 8th

5:30-7:00pm

FREE

Girls ages 10-18 (\*families/friends welcome to attend as guests!)

Calling all girls who'd like to share, display, or present their creative skills and projects at an end-of-the-year showcase! OP families are also welcome to attend this event, which may include paintings, stories, performance, & more! [Advance registration is required. Registration deadline is 5/8.](#)

### FEEL GOOD CLOSET: IT'S TIME FOR SUMMER!

Monday, June 26th

12:00pm - 2:30pm

FREE

Girls ages 10-18

Join us for our Feel Good Closet just in time for summer! Girls are invited to pick out new and gently used (free!) clothes. Come choose some comfy and fun pieces to start the summer in a supportive and body-positive environment. Many sizes and styles are available. Facilitated by OP staff.

[This is a drop-in event; no registration is required.](#)

## WEEKLY ACTIVITIES ON REVERSE SIDE

## THERAPY GROUPS

### DROP-IN SUPPORT GROUPS

Mondays, April - June, Ongoing

FREE

These free drop-in support groups are open to all girls and non-binary youth who are seeking a safe place to talk about the issues in their lives. The groups focus on empowerment and skill-building from a strengths-based, relational approach. [Participants must schedule an Ophelia's Place orientation prior to attending.](#)

SUPPORT GROUP FOR MIDDLE SCHOOLERS: 4:00pm - 5:00pm

[\\*Guardians must sign a waiver prior to youth's first attendance.](#)

SUPPORT GROUP FOR HIGH SCHOOLERS: 5:00pm - 6:00pm

### Parent-Daughter Circle

Thursdays, April 13th - June 1st (8 weeks)

6:00pm - 7:00pm

\$10 - \$60 sliding scale for the term

Girls ages 11-15 and one parent/guardian of any gender

Creative and expressive activities provide girls and their parents/guardians with the opportunity to express needs and envision healthy and valued relationship experiences. The activities encourage, inspire, and re-connect parent-daughter pairs in practical, honest, and enjoyable ways.

[Advance registration is required. Parents/guardians and daughters must attend an intake prior to beginning group. Pairs must commit to regular group attendance.](#)

### TO REGISTER FOR ACTIVITIES:

call (541) 284-4333 or email [info@opheliasplace.net](mailto:info@opheliasplace.net).

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### DROP-IN HOURS:

Monday - Thursday, 3:00pm - 6:00pm

### TO REQUEST DISABILITY ACCOMODATIONS:

please call (541) 284-4333.

Please call to schedule an Orientation within 2 weeks of attending an ongoing activity.

All fees are on a sliding scale; scholarships are available. Please call for more information.

Visit [www.opheliasplace.net](http://www.opheliasplace.net) for more information and to sign up for regular email updates!