

July 15, 2010

PRESS RELEASE FOR IMMEDIATE RELEASE

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Betty Ferguson Foundation Hosts Summer Drop-In for Youth With A Voice

Betty Ferguson Foundation's (BFF) Youth With A Voice (YWAV) program has been hosting summer drop-in gatherings. The last two are scheduled for Wednesday July 21st and August 4th, 2010. They are from 1pm to 3pm. It is open to all girls and young ladies grades 5 through 12.

BFF is a Non-Profit organization whose mission is to Train, Develop and Empower Women and Youth to be a Vital Force in Society. They have utilized several ways of doing this. One is the program called Youth With A Voice. Their mission for this group is: Training in Leadership and Community Service. BFF provides a place to meet and talk about what it means to be a teen: Learn about setting boundaries, develop appropriate values and leadership skills. Discover how to earn community service hours for college applications.

The most recent YWAV drop-in was quite successful. BFF Board Member Janine Jones, who has been a resident of Santa Clarita Valley since 1972, was the facilitator of the day. Janine received her B.A. from the University of California at Santa Cruz, and continued her graduate work at California State University Northridge. Janine returned to the SCV to teach grammar school in the Sulphur Springs School District. She taught 4th grade until she got married. (more bio info on Janine can be found at www.bettyferguson.org) Following is her recap of that Summer Drop-In.

"When I arrived I wrote a question on the board for the girls to contemplate, then I asked for their opinion. The topic was Non-Verbal Communication focusing on ones' unconscious body language. I brought my daughter, Bailey (age 14), and my other daughter's best friend, Madeline (age 16), to help demonstrate positive and negative body language. The purpose of the seminar was to educate the girls on what non-verbal communication/body language is, and the messages they send to the people around them. I believe I was successful in teaching the girls, with photos, demonstrations, and information, why they should be aware of the messages they are sending, i.e. folding their arms in front of their chests, slumping their shoulders and looking down while they walk into a room, hiding their eyes or face behind their hair when they speak, etc... when they are in public, especially in a new environment, such as a new school, or social gathering. The goal that was mutually agreed upon by the girls was to adopt a positive body stance to appear more friendly and approachable in public, therefore enabling the possibility of meeting new people, and making new friends in any situation they find themselves in. We closed the seminar with dividing the girls into two groups which Bailey and Madeline led. My purpose was for the groups to be small and intimate to allow for a comfortable atmosphere to ask Bailey and Madeline any questions they might have about going into Junior High or High School for the first time."

YWAV is a wonderful place for young girls to learn more about themselves and growing up in today's society. If you would like to attend the next YWAV Drop-In, or have questions, please call (661) 702-8712. BFF is located in the Valencia Industrial Center @ 25510 W. Avenue Stanford, Suite # 104. Valencia, CA 91355. Visit them on the web @ www.BettyFerguson.org and become a fan on Facebook too!