



# BOYS EMPOWERED

## Programs for EMPOWERING BOYS with ADHD



### Being a Friend: Build Yourself, Build Others

Two part workshop led by Drew Yanke, Psychotherapist M.A. TLLP

Workshop 1: Friday, Jan 20 Time: 6:30-8:00

Location: The Robot Garage, Birmingham, MI

Workshop 2: Saturday, Jan 28 Time: 2:00-4:00

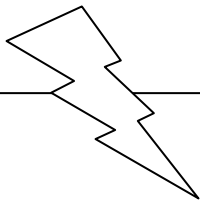
Location: Kids Empowered Coaching and Counseling Center

Have you heard of the new Robot Garage in Birmingham? Lego heaven! Boys will build a Lego project while learning about building relationships and building themselves up!

Space is limited \$50 for 1st workshop or \$85 for both Boys 7-10

Jan 28 2:15-3:45 While your son is participating in the Being a Friend workshop, parents can learn how to help with study skills and more! \$40

**Helping Your Child Succeed in School and Life:** Kevin Roberts helps you help your kids with school. Yes, you will learn specific techniques, but much more important than that, you will cultivate a new mindset. Kevin teaches parents how to use humor, creativity, and the "law of opposites" in dealing with an ADHD child. Come and learn cutting-edge techniques to ensure the success of your ADHD child.



## LASER TAG

### & Assertiveness Boot Camp

Boys will play laser tag and then learn about how to respond to sticky situations in an Assertive way instead of aggressive, passive aggressive or passive!

Date: Friday, February 10 Time: 6:00-8:00pm

Includes Laser Tag, Pizza & Juice, and Assertiveness workshop

Location: Laser Quest, 31401 John R, Madison Heights, MI 48071 Price: \$65 Current participants: \$60

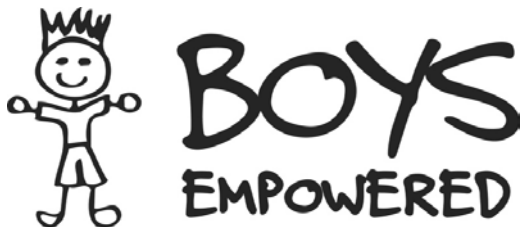
Program led by Drew Yanke and Kevin Roberts

[www.girlsempowered.com](http://www.girlsempowered.com)

[www.kidsempowered.com](http://www.kidsempowered.com)

[www.boysempowered.com](http://www.boysempowered.com)

Facebook: Stop the Meanness, Spread the Kindness Email: [info@boysempowered.com](mailto:info@boysempowered.com) P: 248-757-0912



## Parent Tool Box



Learn tools and ways to help your son manage their time, manage and conflicts with you, their peers and others.

Wed Feb 15 7:00-8:30 \$25 Led by Drew Yanke

Kids Empowered Coaching and Counseling Center

## “Act, don’t React”

Boys will have a chance to work with Sifu Schoenherr of The Detroit Kung Fu Studio on body and thought mindfulness. The boys will learn Kung Fu techniques and the principals behind mastering your body as well as techniques to master your mind. Workshop is led by Sifu Schoenherr and Drew Yanke Date: Saturday, March 10, 2012 Time: 2:00-4:00 Price: \$65 Current participants: \$60 Location: Detroit Kung Fu Studio, 29378 Northwestern Hwy, Southfield 48334

## Save the Date!- SUMMER CAMPS

Boys will have **intense fun** being physically active while learning social skills, friendship skills, being empowered, building confidence and bully-proofing themselves. This camp is specifically designed for the challenges and opportunities that kids with ADHD face. Games, Olympic challenge courses, role playing, educational activities, fitness activities and going on nature hikes will all be part of the fun of teaching how to take advantage of one’s strengths and learn to manage one’s weaknesses. Time: 9:00-4:00 \$350.00

**Boys 7-10 yrs old** Week 1: June 25-29 Academy of Sacred Heart, Bloomfield Hills, MI  
Week 2: Aug 13-17 Back to School Confidence camp Rochester Area Recreation, Rochester, MI

**Boys 10-14 yrs old** July 9-13 Academy of Sacred Heart, Bloomfield Hills, MI

**ADD Study Groups** With veteran ADHD educator, author, and academic coach, Kevin Roberts.

- Build self-esteem in an understanding and empowering atmosphere
- Work on study skills and organization
- Complete homework, work on papers, projects, skill building
- Develop academic strategies Relaxed yet structured setting, flexible hours.

Sun, Tues, Wed- during the school year, ages 11-18. Call 248-867-3591 or email [cyberjunkie512@gmail.com](mailto:cyberjunkie512@gmail.com).

**Kevin Roberts, M.A.** has been coaching kids and running study groups for over 12 years with ADHD and other learning challenges. Kevin is a former teacher at Roper, an Academic turnaround specialist, and curriculum developer and board member of EmpowerADD, an 8-week life skills training program for young adults with ADHD. A graduate of the University of Michigan, he has a Master’s in ADHD Studies from Antioch University. He is the author of *Cyber Junkie: Avoid the Gaming and Internet Trap* (Hazelden 2010), and this May has another book coming out: *Movers, Dreamers, and Risk Takers: Unlocking the Power of ADHD* (Hazelden 2012).

**Drew Yanke, M.A. TLLP**, Adjunct Professor, Psychology Dept., Wayne State University, is a Psychotherapist working with children and families. His focus is on boyhood issues, which include ADHD, dealing with bullying, building confidence and emotional management. He is a Boys Empowered instructor, has extensive experience working with men and men of divorce and adjunct Professor, Psychology Dept, Wayne State.

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