



SHEROES ACADEMY

UNLEASH YOUR INNER POWER!

WELCOME TO CAMP LIVEGIRL 2025!



Week One: Power Up | July 7 - 11, 9am - 3:30pm

Week Two: Hero Training | July 14 - 18, 9am - 3:30pm

Week Three: Save the World | July 21 - 25, 9am - 3:30pm



St. Luke's School

377 N Wilton Rd, New Canaan, CT 06840

stLuke's
SCHOOL

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Dear Camp LiveGirl Families,

As we get ready to welcome your amazing daughters to Camp LiveGirl for our 12th summer, my heart is full of gratitude and hope. Over the years, we've had the joy of serving more than 20,000 girls, each inspiring us with her unique spirit and potential.

This summer, more than ever, our work feels deeply important. With all the pressures of social media, the rising rates of depression and suicide among girls, and the increasing challenges to ensuring every girl feels included and valued, our goal is to create a welcoming space where ALL girls feel accepted, supported, and inspired.

That's why our theme this year is "SHEroes." We want every girl to know she can do anything – because anything is truly possible. We're excited to welcome real-life SHEroes, including movie producer Claire Ayoub and bestselling author Alyson Gerber, who will share their stories and inspire our campers to believe in themselves and their dreams.

Our incredible team, including our brilliant Camp Director Maria Ogundolani and St. Luke's designLab instructor Kim Gerardi, is committed to making camp an enriching, joyful, and uplifting experience for your daughters. We're here to nurture their confidence, resilience, and sense of belonging every step of the way.

Thank you for trusting us with your girls. It's an honor to be part of their journey. I would love to hear from you about your family's camp experience — your feedback means the world to us and helps us grow.

With best wishes for a joyous summer,

Sheri West

Founder and CEO, LiveGirl



ABOUT LIVEGIRL

BUILDING AN EQUAL, INCLUSIVE FUTURE
LEADERSHIP | MENTORSHIP | CAREER READINESS | ADVOCACY

LEADERSHIP



OUR MISSION

Founded in 2014, LiveGirl is a Connecticut-based nonprofit organization that builds confident, inclusive leaders. Our mission is to prepare the next generation of diverse, brave female leaders with the skills, mentors, and access so that ALL girls may thrive and make a positive impact on the world. *We serve girls ages 10-24 free of charge.*

MENTORSHIP



OUR VISION

To help close the female leadership gap and build an equal, inclusive future.

CAREER READINESS



WHAT WE STAND FOR

LiveGirl empowers girls from middle school through college, providing brave spaces and equitable opportunities to discover their potential and become career-ready leaders. We support every step of their leadership journey, breaking down barriers to launch them into the workforce.

ADVOCACY



MEET THE TEAM



MARIA VICTORIA CAMP DIRECTOR

Overall camp instruction provided by Program Director, Maria Ogundolani. Maria Ogundolani serves as the Program Director for Middle School and High School Programs at LiveGirl, where she leads initiatives to equip young women with confidence, leadership skills, and a sense of community. Maria's role encompasses developing impactful curriculums, overseeing mentorship programs, and creating inclusive spaces where students can explore their potential and prepare for their futures.

You may email Maria at Maria@goLiveGirl.org.



MIA CAMPBELL CAMP COORDINATOR

Mia brings experience from diverse fields, including marketing and finance, which have helped her develop a unique perspective on problem-solving and teamwork. She plays an integral part in supporting LiveGirl's mission to build confident, career-ready young women. From coordinating events to managing logistics and offering fresh ideas for program development, Mia's contributions ensure a seamless experience for LiveGirl's participants and team members alike.

You may email Mia at Mia@goLiveGirl.org.



KIM GERARDI DESIGNLAB

Kim Gerardi is the Director of the designLab at St. Luke's School year round and a partner of LiveGirl. Kim has designed projects for the campers that will help engage the leadership skills of our counselors, CIT's and campers, and build an even more solid collaboration with this amazing community of young women. Kim is proud to be a LiveGirl volunteer and each summer she incorporates relevant projects in STEM and emerging technology. In our state of the art designLab at SLS, the LiveGirl experience grows each year to support the education of young women in STEM, and sparks the curiosities of the designer in all of us! Kim is committed to the LiveGirl mission, and was even awarded community partner of the year by LiveGirl in 2022.

You may email Kim at Gerardik@stlukesct.org.

MEET THE TEAM

FARRELL LINDEMANN, LMSW

SOCIAL WORKER

Farrell Lindemann, LMSW is a social worker who believes in the resilience, strength, and uniqueness of adolescent girls. Farrell graduated from Boston University in 2014 with a Masters in Social Work and a specific focus on clinical work with adolescents. Farrell has been with LiveGirl since 2018, and has previously worked with amazing and inspiring teen girls in both school and residential settings. Through LiveGirl's She Cares Program, Farrell has reached over 500 girls through mentoring, emotional intelligence workshops, and fun events that reduce the stigma around mental health. During the pandemic, Farrell also founded a community of adult artists from 15 different states who make art together on Zoom. This is her third year at Camp LiveGirl and Farrell loves creating a safe and brave space for every person she meets with, creating a positive impact on the overall camp experience for every camper!

You may email Farrell at **Farrell@goLiveGirl.org**.



KENNADY COX

INTERN

Kennady Cox is 22 years old and originally from Brooklyn, NY. She is an African American Studies major at Wesleyan University, where she has also been involved in dance, cheerleading, and identity organizations. Kennady's experience in camp leadership began at the Brearley School's Summer Interlude music camp, which she attended as a camper before returning as a counselor for two years in high school. She first connected with the LiveGirl community in 2022 through the SHE WORKS program and was matched with an internship at STAR, Inc. Kennady loves working with kids and is passionate about fostering space for their exploration, expression, and empowerment. She is thrilled to be on the Camp LiveGirl team and looks forward to creating a memorable summer for the campers!



MEET THE COUNSELORS

HEAD COUNSELORS

BREANNA BALDWIN

HEYLIN
LOPEZ

REBECCA
SCHUBERT

TANYSE
FLOYD

GWEN FREIS-
PIRNIK

DIANA
HURSKA

CHIPILI
DUMBWIZI

ANNABELLE
FALENCKI

ZAHEERA
MCDOWELL

VIVIAN
OLLEY

ZEYLAH
MCDOWELL

MOLLY
SCHIMMECK

FELICITY
MCCORMACK

LUNA
AGUDELO

ARIEL
ALMONACY

MILA
SCHEURICH

ZURI
GIDDINGS

CAMP LG STARTER KIT



Included with your
camp registration!
(Pick up on your first day at check-in.)



TYPICAL SCHEDULE

9am - 3:30pm

CAMP LIVEGIRL DAILY SCHEDULE 2025

8:45 - 9 AM Arrivals

9:15 AM Brave Leaders Academy

10:40 AM Speaker

11:45 AM Recap

12 PM Lunch x Recreation

1 PM SHE CARES Activity

1:30 PM designLab

3:05 PM Closing Circle x Debrief x Affirmation

3:15 Wrap-up

3:30 Pick-ups/ Bus departures

As per the Camp LiveGirl Waiver:

Camp LiveGirl participants will be supervised at St. Luke's School from 9:00am drop off through 3:30pm dismissal.

LiveGirl staff, SHE WORKS Interns, high school counselors, and volunteers are no longer responsible for your child after 3:30pm. Please be prompt with pickup.

'BRAVE LEADERS' CURRICULUM

Brave Leaders Academy is designed to explore LiveGirl's 4 pillars:
Live Brave, Live Kind, Live Your True Self, and Live Your Power.

Similar to Confidence Club, girls will engage in interactive modules that revolve around each week's theme, coupled with lessons in leadership.



ACADEMY LAYOUT

Discussion > Enlightenment > Application > Reflection > Share Out

live BRAVE

Embody resilience and perseverance to overcome obstacles; stand up and speak out for what you believe in.

live KIND

Connect positively with yourself and others and have a positive impact on the world around you.

live YOUR TRUE SELF

Love yourself, believe in yourself, and embrace your original, unique self.

live YOUR POWER

Identify and leverage your inner powers; activate and self-empower to change the world.

SHE CARES

MENTAL MUNCH HOUR
WELLNESS ROOM
CALMING CORNER
1:1 SESSIONS



SHE CARES is addressing the mental health crisis among girls, and provides free mentorship and support.



U.S. teen girls are experiencing **record high levels of sadness and depression**. Only 4% of girls will talk to a parent, teacher, or counselor when they feel sad, anxious, or depressed.

"Before, I felt invisible. Having a mentor made me feel **seen and truly heard and gave me a safe space to talk about the problems I'm having."**

*-8th Grader,
Strawberry Hill School*



Connection +
Personal Agency



Social Emotional
Intelligence



Improved
Self-Perception

DESIGNLAB OVERVIEW ST. LUKE'S SCHOOL



Week 1: Mad Props

Every superhero stands for something. Kindness, justice, courage, or change. And every superhero has a signature prop to match their mission: a shield, a cape, a mask, or something totally original. This week, you'll design your own superhero prop that shows the world who you are and what you fight for. Where will your powers take you? Let's find your perfect setting to save the day!

Week 2: The Magic of designLab

Every superhero has a super power. Behind that magic is science, tech, and creativity. This week in the SLS DesignLab, we'll uncover how movie magic is made and use innovation tools to create our own fun superhero tricks and gadgets. What kind of magic will you design? At the end of the week, get camera-ready for your green screen moment, complete with special effects and a keepsake photo to celebrate your superpowers!

Week 3: SHero SharkTank

Every superhero has a mission. This week, you'll step into your own superhero role by designing a tool, invention, or idea that makes a positive impact on the world. Whether it's a gadget to clean up trash, a product that solves a problem, or a bold campaign to raise awareness for a cause, you'll work in teams to bring your vision to life. At the end of the week, you'll pitch your creation Shark Tank-style to a panel of judges—showing off your innovation, teamwork, and superhero spirit!



CAMP SPEAKERS



SANDY MAIGNAN



**CEO & Founder
at Kale Krazy**

PILIN ANICE



**Global Yoga +
Meditation
Wellness Coach**

SICILY BENNETT



**Founder
of
Rockmore
Wellness**

ALYSON GERBER



**New York
Times
Bestselling
Author**

CLAIRE AYOUB



**Award-Winning
Writer/Director
/Filmmaker of
Empire Waist**

BARBARA RUCCI



**Artist & Author
at ARTBAR**



CAMP SPEAKERS



NIKIA BOWMAN



**Global
Innovation
Director at
Edgewell**

KIMONE JOHNSON



**Entrepreneur,
Global
Communications
Strategist &
Marketing
Consultant**

RINAL PATEL



Entrepreneur

HANNAH JEAN-PIERRE



**SHE WORKS
Program
Manager at
LiveGirl**

SELENA HUERTAS



**Marketing &
Operations
Manager at
LiveGirl**

FARRELL LINDEMANN



**SHE CARES
Program
Manager at
LiveGirl**

CAMP MENU



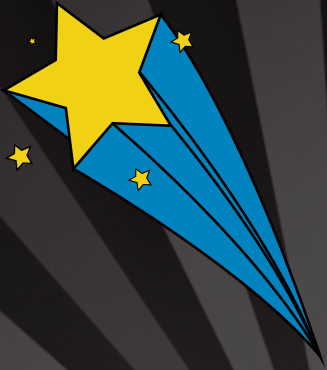
SUMMER CAMP MENU

Flavored Water & Tropicana Juices Daily

Salad Bar, Sun Butter & Jelly Sandwiches Available

| | MON | TUE | WED | THU | FRI |
|--------|--|--|--|--|--|
| Week 1 | Nachos & Beef Chili Mexican Rice Watermelon | BBQ Hot Dogs Tater Tots Ice Cream cup | Waffles & Sausage Yogurt & granola | Popcorn Chicken Fries Cookie | Classic Pizza Broccoli Apple Slices |
| Week 2 | Cheese Quesadilla Rice Fruit | BBQ Hamburger Chips ICY Pop | French Toast Sticks Sausage Fruit | Chicken Nuggets Taters Yogurt & Granola | Pizza Bagels Broccoli Garden Salad |
| Week 3 | Beef Taco Rice Pudding | Turkey Burger Fries Cookie | Pancakes Turkey Sausage Fruit | Chicken Tenders BBQ Sauce Ice Cream | French Bread Pizza Caesar Salad Apples |

TRANSPORTATION INFO



For those registered for transportation, please note the following schedule.
Campers must arrive 10 minutes before bus departure time.

| Location | Address | Pick-Up | Drop Off |
|----------|---|----------------------|----------|
| Norwalk | The Carver Foundation 7 Academy St, Norwalk, CT 06850 | 7:30 AM – 7:45 AM | 4:40pm |
| Stamford | Stamford Boys & Girls Club 347 Stillwater Ave, Stamford, CT 06902 | 8:10 AM – 8:15 AM | 4:10pm |

Bus will arrive at Camp (St. Luke's School) at 8:50am and depart at 3:30pm.

NOTE

Parents & Guardians - please wait with your child until bus pick up.
The buses will depart promptly and will not wait for latecomers.
Return times are approximate and will depend upon traffic.

FREQUENTLY ASKED QUESTIONS



LOCATION

St. Luke's School
377 N Wilton Rd
New Canaan, CT 06840
(203) 966-5612

Pick up and drop off is at the MAIN ENTRANCE up the hill. Drive past the athletic center and pick up and drop off is at the main entrance. On the first day of each week, counselors will be outside to greet parents and campers.

CHECK-IN/DISMISSAL

Check-in begins at 8:45am daily. Campers should arrive no later than 8:55 am.
Camp will begin promptly at 9am and will be dismissed at 3:30pm.
Parents/guardians are responsible for their child upon dismissal.

WHAT TO WEAR/BRING

Campers should wear comfortable athletic clothing and sneakers to camp. Campers will be given a t-shirt upon arrival that must be worn to camp every day. A nutritious lunch and snacks will be provided daily. (If your daughter has any dietary restrictions, please review our online menu and bring a brown bag lunch from home, as needed.)
Campers must bring a refillable water bottle marked with name.

COUNSELORS/MENTORS

We have an amazing, diverse group of high school camp counselors/mentors coming in from local high schools. These talented, young women will inspire you and are excited to meet our campers!

CELL PHONE POLICY

LiveGirl is a "device-free zone" and we will collect cell phones at check-in.
If an emergency arises during the camp day, please call us at (475) 889-3306.

WEATHER

Camp will be held rain or shine.

SICK CHILD POLICY

If your child is sick and cannot attend camp, please kindly let us by emailing camp@golivegirl.org. If your daughter has a fever, she should stay home and not return to camp until she has been fever-free for at least 24 hours without the use of fever-reducing medication.

CAMP CHECKLIST

Email camp@golivegirl.org with any questions.



Physical exam & plan of care (if needed)



St. Luke's School Liability Waiver



designLab Safety Agreement





QUESTIONS?

Email camp@goLiveGirl.org or
call us at (475) 889-3306

LiveGirl PO Box 223 New Canaan, CT 06840

@GOLIVEGIRL



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