

*Life's Ingredients:  
A Recipe for Success*

- ❁ 3 Cups of Good Health
- ❁ 1 Gallon of Life Skills
- ❁ 1½ Pounds of Healthy Relationships
- ❁ 1 Liter of TLC (a little goes a long way)
- ❁ 1½ Gallons of Education and Vocational Training
- ❁ 1 Pound of Positive Self-Esteem
- ❁ 3/4 Cups of Money Management
- ❁ 2 Pounds of Spirituality



All girls can  
Become Successful  
Women!

**New Jersey Office of the Attorney General  
Juvenile Justice Commission**

c/o Thurayya Peagler  
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PO Box 107  
Trenton, NJ 08625-0107



*A Celebration of  
Womankind*

Life's Ingredients:  
A Recipe for Success



**Saturday  
April 16, 2005**

Registration: 8:30 a.m.  
9:00 a.m. — 3:00 p.m.

Co-sponsored by UMDNJ  
and My Daughter's  
Keeper, Inc.

❁ A Conference for Young Women ❁

**State of New Jersey**  
Governor's Juvenile Justice and Delinquency  
Prevention Committee  
**Office of the Attorney General**  
Juvenile Justice Commission

**A Conference for Young Women**

**Conference Location & Directions**

**UMDNJ** University of Medicine and Dentistry of New Jersey  
 185 South Orange Avenue,  
 Newark, New Jersey

**From New Jersey Turnpike (North or South)**  
 Take exit 15W to I-280 West to the Orange St./6th St. exit. Make the first right onto Orange St. and proceed one block to First Street. Turn right and proceed about half a mile to West Market St., where First St. becomes Bergen St. Follow the parking directions below.

**From the Garden State Parkway (North or South)**  
 Take exit 145 to I-280 East. Stay to the left to exit at First St. Turn right on First St. and continue across W. Market St., where First St. becomes Bergen St. Follow parking directions below.

**From Route 78, East or West**  
 Take Exit 56, Clinton Ave., and turn left at the second light (W. Bigelow St.). Go about three-tenths mile and turn right onto Bergen St. proceed about 1.5 miles to South Orange Ave.

**Parking Directions on the Newark Campus**  
 Take the first left after W. Market St. for the University's Administration Complex (low beige buildings) and metered parking in Lot 9. Proceed straight on Bergen St. across 12th Ave. to parking for other UMDNJ schools and units. Turn left about 500 feet beyond 12th Ave.; bear left for self-parking in DOC parking garage (hourly rates), bear right for valet parking at entrance to University Hospital or continue straight on Bergen St. to the traffic light at South Orange Ave. Turn left and at the first light, turn left into the University complex and metered parking in Lot 1.

**State of New Jersey**  
 Richard J. Codey, Acting Governor  
**Office of the Attorney General**  
 Peter C. Harvey, Attorney General  
**Juvenile Justice Commission**  
 Howard L. Beyer, Executive Director  
**Juvenile Justice and Delinquency Prevention Committee**  
 B. Thomas Leahy, Chair



**A Conference for Young Women**

**Workshop Descriptions**

**A The Secrets of Womanhood (girls only)**  
 When will you begin young adulthood? Are you protecting your body or is it on shaky ground?

**B It's a Different World**  
 Do you want to know what it takes to become successful in life? Come and begin your own recipe for success.

**C What's Love Got to Do With It?**  
 Have you ever heard the words, "I'm sorry" and "I will never do it again?" If you feel enough is enough, come to this workshop.

**D It Takes a Village to Raise a Child**  
 Do you want to know what teenage motherhood is about? Come to this workshop and get the answers to your questions and more.

**E Just Because You are Serving Girls Does Not Mean Girls are Being Served (adults only)**  
 Learn why girls need different programs and services than boys.

**F Be Fine in Your Mind**  
 Come and discover the secrets of inner beauty and its effects on the outer you.

**G Keeping It Gangsta:**  
**The Real Deal (adults only)**  
 Learn how communities suffer from the affects of crime and gang violence.

**H Got My Mind on My Money and My Money on My Mind**  
 Find out how to get money smart and how to manage money.

**I Can't We All Just Get Along?: True Colors**  
 Discover what makes you tick and why others sometimes drive you wild. (This is a 2 part workshop, AM and PM)

**J All Girls Can**  
 Hear the experiences of girls from around the State. You may find you have a lot in common with other girls your age.

This conference is free of charge and is provided through Federal Juvenile Justice and Delinquency Prevention Act funds administered by the Juvenile Justice Commission.

**REGISTRATION DEADLINE**

**April 11, 2005**  
 (there will be no on-site registration)

**Northern Registration Form**

Please complete a form for each attendee (maximum of 6 attendees per school/agency)

Name \_\_\_\_\_

Title \_\_\_\_\_

Agency/School \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

Grade \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Fax ( \_\_\_\_\_ ) \_\_\_\_\_

**Indicate Meal Preference for Lunch**

Vegetarian  Non-vegetarian

**Workshop Selection**

Please circle one choice per section

**1st Morning Choice:**

A B C D E F G H I J

**2nd Morning Choice:**

A B C D E F G H I J

**1st Afternoon Choice:**

A B C D E F G H I J

**2nd Afternoon Choice:**

A B C D E F G H I J

**Please Mail or Fax this Form to:**

**Juvenile Justice Commission/JJDP**

c/o Thuryya Peagler  
 1001 Spruce Street, Suite 202  
 PO Box 107  
 Trenton, NJ 08625-0107  
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