

# Girls Circle Facilitator Training

## Promoting Resiliency in Adolescent Girls

Girls Circle Association is a Project of the Tides Center



## Learn Skills to Lead Engaging Support Groups for Girls!

A workshop for service providers, educators, therapists, probation officers, social workers, mental health workers, & others who support girls' growth and development. Girls Circle training has been applied across all systems of care: schools, mental health, juvenile justice, community-based organizations and child welfare agencies.

**Rated a Promising Approach by the Office of Juvenile Justice & Delinquency Prevention**

### What can you do to encourage adolescent girls to...

- Enhance judgment and critical thinking skills?
- Stay true to themselves and value their perceptions?
- Make wise and healthy choices/decisions?
- Counter trends towards self-doubt?
- Respect themselves and others?
- Voice their ideas and opinions in a safe environment?

**Girls Circle Facilitator Training is a workshop that provides adults with a solid, progressive framework of skills to facilitate gender-responsive programs for girls.**

13 CEU's offered to LCSW's by NASW (in NASW approved states)  
1 College Credit offered through Sonoma State University (apply at training)

**September 9 - 10, 2010**

**Colorado Springs, CO**

8:00am-4:30pm\*

Early Bird Fee: \$ 295.00\*\*

\*8-8:30am: Sign-in, Continental. Breakfast  
8:30am: Instruction Begins

**\*\*\$350 Registration Fee after August 15<sup>th</sup>**  
(Full 2-day attendance required)

**Co-Hosted by:**

**Women's Resource Agency**

**&**

**Colorado Coalition for Girls**

**Southern Region**

**Location:**

**Community Partnership for Child Development  
2330 Robinson Street, Colorado Springs, CO 80904**

### Workshop Outline

• Philosophy & Rationale of Girls Circles	• Primary Role of the Facilitator
• The Six Step Circle Format – Why it Works	• Effective Facilitation Skills – Get Girls Talking
• Creating Trust, Bonding & Cohesion	• Shaping & Holding Lively Group Discussions
• Handling Challenging Group Dynamics	• Co-Facilitation as an Option

**Register online at [www.girlscircle.com](http://www.girlscircle.com) or Call 1-707-794-9477**

Scholarship application available on the training page of [www.girlscircle.com](http://www.girlscircle.com)

Registration fee includes 2-day training, facilitator manual, and continental breakfast.

# REGISTRATION FORM – THE COUNCIL OR GIRLS CIRCLE TRAINING

-- PLEASE PRINT CLEARLY --

Training Dates: \_\_\_\_\_ Training Location: \_\_\_\_\_

Training Type (Girls Circle/Boys Council/Advanced): \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Type of Program (i.e. school, juvenile justice, etc.): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

REGISTRATION FEES - 2-Day Full Attendance Required	Quantity	Total
\$295 per Participant 30 days prior to training, \$350 within 30 days of training date.		
<b>FACILITATOR ACTIVITY GUIDES: <i>Optional - See Next Page for Info.</i></b>		
1.		
2.		
3.		
Tax (Only applies to Activity Guides that are shipped within California): 9%		
Shipping & Handling (Activity Guides only): \$13 for one item, \$1 per additional item, <i>call for int'l rates</i>		
<i>Activity Guides will ship within 24hrs of receiving payment or Purchase Order</i> <b>GRAND TOTAL</b>		
Method: Check # _____ P.O. # _____ Credit Card Type (all accepted) _____		
Credit Card# _____ - _____ - _____ Exp: ___/___ CVS#: _____		
Billing Address (if different): _____		
Signature: X _____		

**Purchase Order Must be Sent with Registration Form**

**Send Registration Form and Fees Payable to:**

Tides/GCA, 458 Christensen Lane, Cotati, CA 94931 Fax to: (707) 794-9938

**Registration Information: 707-794-9477**

Registration and payment must be received by 2 weeks before the training.

A \$50 administrative fee will be charged for cancellations within 2 weeks of training. No refunds within 1 week of the training

**For information, visit [www.GirlsCircle.com](http://www.GirlsCircle.com) or [www.BoysCouncil.com](http://www.BoysCouncil.com)**



# Girls Circle Activity Guides

These materials provide facilitators with everything they need to run a strengths-based female responsive program for girls and create a safe space to address risky behaviors, build on protective factors, and improve relationships among girls. Simply gather your materials and be led through a high-powered Girls Circle experience by introducing gender-relevant and culturally responsive themes and activities that build skills in a format that interest and engage girls. The user-friendly guides contain all of the tools a group leader would need with step-by-step instructions on leading discussions and creative activities. Easily adaptable to your own unique setting.

## Friendship - \$78.00

**Ages 9-14. 8-Week Program.** Groundbreaking kit those shores girls up with strong interpersonal skills and knocks down the barriers to pride, confidence, and empathy. Confronts exclusion, intolerance, and feuding.



## Expressing My Individuality - \$78.00

**Ages 11-15. 8-Week Program.** Explores topics such as celebrating individuality, getting along with others - addresses goals, conflict styles, values exploration, and taking time to relax.



## Being A Girl - \$78.00

**Ages 11-13. 8-Week Program.** Introduces girls to the positive experience of a support circle addressing topics such as "Growing Up Female," "Growth and Self-Care," and "Female Role Models." Great kit for middle-school girls new to support groups.



## Mind, Body, Spirit - \$116.00

**Ages 12-18. 12-Week Program.** This excellent prevention kit addresses alcohol, tobacco, and drug decision making as well as healthy sexuality, promoting abstinence and/or reduction to high-risk behaviors by exploring the realities of risk and the power of self-care.



## Honoring Diversity - \$116.00

**Ages 11-18. 12-Week Program.** Recognizes girls' varied cultural, ethnic, racial backgrounds, emphasizing positive identity and alliance-building.



## Body Image - \$78.00

**Ages 12+. 8-Week Program.** Helps girls examine the cultural messages and personal beliefs that influence body image.



## Who I Am - \$78.00

**Ages 14-18. 8-Week Program.** Works with girls to examine identity, assertiveness skills, and goal setting through role-play, mandala-making, relationship to music, and more. Excellent program that is well received by high school girls.



## Paths to the Future - \$116.00

**Ages 12+. 12-Week Program.** Skills building support circle for use with high-risk or court-involved girls. Examines beliefs about friendships, trust, authority figures, mother/daughter relationships, sexuality, dating violence, HIV, drug abuse, stress and goal-setting.



## Relationships with Peers - \$105.00

**Ages 14-18. 10-Week Program.** Enhances girls' awareness of their relationships with themselves and others. Themes include "Accepting Different Parts of Myself," "Giving Voice to Feelings," "Romantic Relationships," "Girlfights or Girlfriends," and complimented with journaling, role-play, sculpting, and more.



## Mother Daughter Circle - \$116.00

**Ages 11+. 8-Week Program.** In "Heart of the Matter" mothers or female caregivers and their daughters join together in combined and age-appropriate groups to promote empathy, communication skills, stress reduction, setting limits and honoring boundaries, and more. Co-Facilitation recommended.



## Girls Circle Facilitator Manual - \$72.00 **A MUST HAVE!**

Facilitators and organizations that serve girls in any setting or culture will find this one-of-kind facilitator manual rich with practical, useful information presented in our workshop. Includes: Applying the Relational Theory and Resiliency Model, Effective Facilitation Skills, Holding Lively Group Discussions, How to Get Kids Talking, and more. 135 pages to prepare you with all the information and skills you need to run high-powered gender specific programs for girls.

## Evaluation Tool Kit - \$65.00

Contains all materials you need to measure outcomes with your Girls Circle program in conjunction with any combination of the Girls Circle Activity Guides. Also includes step-by-step instructions for program evaluation, consent forms, information sheets, Spanish language Survey and forms, and options for collaboration with a national GCA study.



## GIRLS CIRCLE COMPLETE SET VALUE OF \$980.00 – DISCOUNTED AT \$880.00

Nine Activity Guides rich with skill-building themes and activities that promote critical thinking in all areas of girls' lives. Save over 10% and get over a year's worth of well-planned program material and curricula that you can mix and match as needed. Also includes the Facilitator Manual and Evaluation Tool Kit. (Mother-Daughter guide not included.)