

# 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 to LCSW's in NASW approved states. 1 College Credit offered,

**June 16-17, 2011**  
**Mechanicsburg, PA**

8:00am-4:15pm\*

Early Bird Fee: \$ 295.00\*\*

\*8am-8:15am: Sign-in, Continental Breakfast

8:15am: Instruction Begins

**\*\*\$350 Registration Fee after May 16<sup>th</sup>**

(Full 2-day attendance required)

Hosted by:

**Dauphin County**

Location:

**Pennsylvania Child Welfare Center**  
403 East Winding Hill Road, Rooms B & D  
Mechanicsburg, PA 17055

#### 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**

**Attendees will receive a coupon at the training for 15% off on materials.**

*Coupon will be valid from Day 2 of the training and last for 30 days. Not redeemable with previous purchases.*

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. Cost varies, Call for Rates):		
<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 - \$99.00

**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 - \$99.00

**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 - \$99.00

**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 - \$149.00

**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 - \$149.00

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



## Body Image - \$99.00

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



## Who I Am - \$99.00

**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 - \$149.00

**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 - \$129.00

**Ages 14-18. 10-Week Program.** Enhances girls' awareness of their relationships with themselves and others. Including "Accepting Different Parts of Myself," "Romantic Relationships," "Girlfights or Girlfriends," and more.



## Mother Daughter Circle - \$149.00

**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.



## Wise & Well - \$99.00

**Ages 12-18. 8-Week Program.** Addresses 21st Century challenges such as cyberbullying, social networking, binge drinking, marijuana use, the stigma of mental health and more.



## My Family, My Self - \$99.00

**Ages 12-18. 8-Week Program.** Explores the influence of families on girls' identity, coping styles, and social-emotional development.



## Girls Circle Facilitator Manual - \$99.00 A MUST HAVE!

Rich with practical 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.

## Evaluation Tool Kit - \$79.00

Includes step-by-step instructions for program evaluation, consent forms, information sheets, Spanish language Survey and forms.



## GIRLS CIRCLE COMPLETE SET

VALUE OF \$1,596.00 – DISCOUNTED AT \$1,429.00

All the above materials, 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. (English & Spanish "Mente, cuerpo, y espíritu guía para Latinas" not included.)