

# 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 to programs such as positive youth development, juvenile probation, schools, health education, boys and girls clubs, substance abuse prevention, pregnancy prevention, outdoor adventure groups, and gang-prevention.

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?
- Maintain authentic connection with peers and adults?
- Hold on to their voices?
- Counter trends towards self-doubt?
- Broaden their definitions of beauty and womanhood?
- Voice their ideas and opinions in a safe environment?
- Respect themselves and others?

**Girls Circle Facilitator Training, Promoting Resiliency in Adolescent Girls, is a timely workshop that provides adults with a solid, progressive framework of applicable skills to facilitate gender-specific programs for girls.**

November 17 and 18,  
2008

Tampa, FL  
8:00am-5:00pm  
Fee: \$ 295

(\*Mandatory full 2-day attendance required)

Hosted by:  
The Ophelia Project  
Location: OPBI Building  
Location 5509 West Gray Street, Suite 100  
Tampa, FL 33609

Day 1: Mon. Nov. 17 <sup>th</sup> , 8:30am-5 pm	Day 2: Tues. Nov. 18 <sup>th</sup> , 8:30am to 5pm
• 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

To Register: Complete the Registration Form on the following page

**REGISTRATION FORM**  
**GIRLS CIRCLE FACILITATOR TRAINING**  
Tampa, FL ❖ November 17 and 18, 2008

Name: \_\_\_\_\_  
*(Please print name legibly as you would like it to appear on Training Certificate)*

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

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

Type of Program (i.e. school, pregnancy prevention, etc.): \_\_\_\_\_

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

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

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

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

**Make \$295 registration fee payable to:**  
**OPBI, Inc**

Send Fee and Registration Form to:  
Jodi Knowles  
The Ophelia Project  
5509 West Gray St. Suite 100  
Tampa, FL 33609  
Tel: (813) 514-9555 ext. 116 Fax (813) 574-6930

Questions? Contact Jodi Knowles at (813) 514-9555 ext. 111  
E-mail: [jknowles@opbi.org](mailto:jknowles@opbi.org)

**Registration must be received by November 3, 2008**  
*Includes 2-day training, facilitator manual, and continental breakfast.*

For more detailed information on the Girls Circle Training, and facilitator materials, visit  
[www.girlscircle.com](http://www.girlscircle.com)

*This training and technical assistance is provided by the US Department of Justice, Office of  
Juvenile Justice & Delinquency Prevention (OJJDP) through Development Services Group, Inc.*