

# 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, school counselors, 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.**

**April 10-11, 2008**

**Banff, AB (CANADA)**

Early Bird Fee: \$295.00\*

\*Registrations received after March 14<sup>th</sup> will be \$350  
Mandatory full 2-day attendance required

Hosted By:



**Location:**

**102 Spray Avenue (Great Room)  
Banff, AB T1L 1A6**

Day 1: Thur. Apr. 10 <sup>th</sup> , 8:00am-4:30pm	Day 2: Fri. Apr. 11 <sup>th</sup> , 8:00am-4:30pm
• 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 TRAINING

## Banff, AB (CANADA) - April 10-11, 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: \_\_\_\_\_

REGISTRATION FEES - 2 Full Day Attendance Required	Quantity	Total
<b>\$295</b> <i>(Includes Facilitator Manual)</i>		
<b>GIRLS CIRCLE ACTIVITY GUIDES: <i>Optional - See Next Page for Information</i></b>		
1.		
2.		
3.		
<i>Add \$8.99 for shipping of one Guide and \$1.00 for each additional Guide</i>		
<b>Payment in U.S. FUNDS, please.</b>	<b>GRAND TOTAL</b>	
Method: <input type="radio"/> PO # _____ <input type="radio"/> Check # _____ <input type="radio"/> Credit Card Type (all accepted) _____		
Credit Card #: _____ - _____ - _____ - _____ Expiration Date: ____ / ____		
Name on Card _____		
Billing Address _____		
Signature: X _____		

Send Registration Form and Fees Payable to:

Tides/Girls Circle Association  
 458 Christensen Lane, Cotati, CA 94931  
 Or Fax to: (707) 794-9938

**For Registration Information Contact Vanessa Caveney: (707) 794-9477**

Registration and payment must be received by March 14<sup>th</sup> for the \$295 Early Bird fee. Registrations received after 3/14/08 will be \$350.

*Includes 2-day training, Facilitator Manual, and continental breakfast.  
 A \$50 administrative fee will be charged for cancellations after 4-1-08*

**LODGING: Packages for accommodation at the YWCA's Banff Y Mountain Lodge are available and can be pre-booked through the YWCA at [groups@ywcabanff.ab.ca](mailto:groups@ywcabanff.ab.ca) or 403-762-3560.**

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



# Girls Circle Activity Guides

*These materials* provide facilitators with everything they need to run a strengths-based program for girls and create a safe space to address risky behaviors, build on protective factors, and improve relationships among girls. Pre-purchase your activity guides now so you will leave the training with all the skills AND materials you need to begin a Girls Circle program immediately. These guides lead facilitators through a high-powered Girls Circle experience by introducing gender and culturally responsive activities that build skills in a format that interest girls. The guides contain all of the tools a group leader would need 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. A variety of topics and activities for middle and high school girls!



## 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 Our 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 thoughts, beliefs, and actions 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 "Expressing Myself," "Accepting Different Parts of Myself," and "Giving Voice to Feelings," "Romantic Relationships," "Girlfights or Girlfriends," and are complimented such as journaling, role-play, sculpting, and more. Highly engaging for teen girls.



Visit [www.girlscircle.com](http://www.girlscircle.com) for more information

Tel: 707.794.9477

Fax: 707.794.9938