



Girls Circle Facilitator Training

Promoting Resiliency in Adolescent Girls

A workshop that provides adults with a solid, progressive framework of skills to facilitate gender-responsive programs for girls.

Learn Skills to Lead Engaging Support Groups for Girls!



A WORKSHOP FOR:

service providers • educators • therapists •
corrections staff • social workers • mental
health workers • all who support girls' growth
and development

APPLIED ACROSS ALL SYSTEMS OF CARE:

schools • mental health • juvenile justice •
community-based organizations • child
welfare agencies

CREDITS OFFERED:

- 13 CE Hrs. Approved provider by NASW (In NASW approved states)
- 13 CE Hrs. for CA-STC, CA-BBS, for MFT's, LCSW's, LEP's, and LPCC's, CA-RN's, & OH - CSWMFT Board
- 1 College Credit offered through Sonoma State University (apply at training)

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

TRAINING OUTLINE

Day One:

- Philosophy & Rationale of Girls Circles
- The Six Step Circle Format – Why it Works
- Creating Trust, Bonding & Cohesion
- Handling Challenging Group Dynamics

Day Two:

- Primary Role of the Facilitator
- Effective Facilitation Skills – Get Girls Talking
- Shaping & Holding Lively Group Discussions

May 1st – 2nd, 2014 | Somerville, NJ | 8am*- 4:30pm

**Location: Somerset County Human Services Building
27 Warren St., 1st Floor Conference Room, Somerville, NJ 08876**

Cost: \$350 by April 3rd, \$400 after April 3rd

**Hosted by: EmPOWER Somerset,
Somerset County Office of Youth Services &
Friends of Somerset County Youth**

**Registration fee includes 2-day training, facilitator manual and continental breakfast.
Attendance required on both days. *Registration begins at 8am, training starts at 8:30am.**

Register online at OneCircleFoundation.org Or Call (415) 419-5119

**Attendees will receive a discount of 15% off of materials after the training.
Discount will be valid for 30 days. Not redeemable with previous purchases.**

Scholarship application available on the training page of OneCircleFoundation.org

REGISTRATION FORM – THE COUNCIL OR GIRLS CIRCLE TRAINING

- PLEASE PRINT CLEARLY -

Training Dates: _____ Training Location: _____

Training Type (Girls Circle/The Council/Advanced): _____

Name: _____

Title: _____

Organization: _____

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

Address: _____

City: _____ State/Prov.: _____ Zip/PC: _____ Country: _____

Daytime Phone: _____ Cell Phone: _____

E-Mail: _____

REGISTRATION FEES – 2-Day Full Attendance Required	Quantity	Total
\$350 per Participant 30 days prior to training, \$400 within 30 days of training date.		
FACILITATOR ACTIVITY GUIDES: Optional – See Next Page for Info.		
1.		
2.		
3.		
<i>TAX (Only applies to Activity Guides that are shipped within California): 8.5%</i>		
<i>Shipping & Handling (Activity Guides only. Cost varies, Call for Rates)</i>		
<i>Activity Guides will ship within 48hrs of receiving payment or Purchase Order</i> GRAND TOTAL		
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:

One Circle Foundation | 734 A St., Ste. 4, San Rafael, CA 94901 | Fax to: (415) 448-5459

Registration Information: (415) 419-5119

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.OneCircleFoundation.org



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.



ALSO AVAILABLE: **Mente, cuerpo, y espíritu guía para Latinas (Mind Body Spirit guide for Latinas) - \$179.00**

Culturally adapted with Spanish and English in one guide!

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.



Body Image - \$99.00

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



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.



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.



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.



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.



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.



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.)

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.



Evaluation Tool Kit - \$79.00

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