

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.

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

August 25-26, 2009

Dubuque, IA

8:00am-4:30pm

Early Bird Fee: \$ 295.00*

***\$350 Registration Fee after July 27th.**
(Full 2-day attendance required)

Hosted by:

**Iowa Gender Specific Services
Task Force**

Location:

**Grand River Center and
Grand Harbor Resort
350 Bell Street, Dubuque, IA 52001
www.grandharborresort.com**

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 Or Call 1-707-794-9477

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

REGISTRATION FORM – BOYS 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.		
FACILITATOR ACTIVITY GUIDES: <i>Optional - See Next Page for Info.</i>		
1.		
2.		
3.		
4.		
Shipping (if buying Activity Guides only): <i>\$8.99, Add \$1.00 per each additional Guide</i>		
<i>Activity Guides will ship to the address provided within 24hrs of receiving payment.</i> GRAND TOTAL		
Method: Check # _____ P.O. # _____ Credit Card Type (all accepted) _____		
Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ 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 or 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. 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.



Mother Daughter Circle - \$116.00 "Heart of the Matter"

Ages 11+. 8-Week Program. Mothers or female caregivers and their daughters join together in combined and age-appropriate groups to strengthen their bonds through shared listening, creative expression, and skill building. "Heart of the Matter" promotes empathy, communication skills, stress reduction, setting limits and honoring boundaries, and more. Co-Facilitation recommended.



You may purchase materials online with your registration.

www.girlscircle.com | Tel: 707.794.9477 | Fax: 707.794.9938