



# Girls Circle Facilitator Training & Mother-Daughter Circle Training Chicago – May 19<sup>th</sup>-21<sup>st</sup>, 2010



## Girls Circle Facilitator Training : May 19<sup>th</sup> - 20<sup>th</sup>

*Learn Skills to Lead Engaging Support Groups for Girls*

**Register by April 21<sup>st</sup>: \$295**  
**After April 21<sup>st</sup>: \$350**



## Mother-Daughter Circle Training : May 21<sup>st</sup>

*Promote Healthy Bonds between Mothers & Daughters*

**Register by April 21<sup>st</sup>: \$195**  
**After April 21<sup>st</sup>: \$225**

**SIGN UP FOR BOTH TRAININGS AND RECEIVE A 15% DISCOUNT!**

**Register by April 21<sup>st</sup>: \$415.00**  
**After April 21<sup>st</sup>: \$485.00**

The Girls Circle Facilitator Training is a workshop for service providers, educators, therapists, probation officers, social workers, mental health workers, & others who support girls' growth & development. The Training provides adults with a solid, progressive framework of skills to facilitate gender-responsive programs for girls.

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

*Rated a Promising Approach by the Office of Juvenile Justice & Delinquency Prevention*  
**(Full Training Agenda on page 3)**

**May 19-20, 2010**  
**8:00am - 4:30pm**

**(Full 2-day attendance required)**

Registration Fee includes Girls Circle Facilitator Manual, 2 day training and continental breakfast



Healthy Communication Skills & Explore Family's Positive Female Identity.

The Mother-Daughter Circle training will focus on the use of the Mother-Daughter Circle Activity Guide "Heart of the Matter," a guide for use with Girls 11-18 and their mothers or female caregivers

Lead powerful support groups for mothers and daughters during the transitional years of adolescence with activities that Enhance Empathy and Understanding, Coach

**May 21, 2010**  
**8:00am - 4:30pm**

**(Pre-requisite: Having attended a Girls Circle Facilitator Training)**

Registration Fee includes training, Mother-Daughter Activity Guide and continental breakfast

**Hosted by Health and Medicine Policy Research Group**

**Training Location: Mental Health America of Illinois**  
**70 E. Lake Street, Ste. 900, Chicago, IL 60601**

**Must call in to receive discount for attending both trainings: (707) 794-9477**

Scholarship application available on the training page of [www.GirlsCircle.com](http://www.GirlsCircle.com).

# REGISTRATION FORM –Girls Circle Training &/Or Mother-Daughter Training

-- PLEASE PRINT CLEARLY --

Training Dates: \_\_\_\_\_ Training Location: \_\_\_\_\_

Training Type (Girls Circle / Mother-Daughter / Both): \_\_\_\_\_

Name: \_\_\_\_\_

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

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

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

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

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

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

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

REGISTRATION FEES	Quantity	Total
Girls Circle Facilitator Training: \$295 by April 21 <sup>st</sup>   \$350 after April 21 <sup>st</sup>		
Mother-Daughter Circle Training: \$195 by April 21 <sup>st</sup>   \$225 after April 21 <sup>st</sup>		
<b>BOTH TRAININGS: \$415 by April 21<sup>st</sup>   \$485 after April 21<sup>st</sup></b>		
FACILITATOR ACTIVITY GUIDES: <i>Optional - See Next Page for Info.</i>		
1.		
2.		
Shipping & Handling (Activity Guides only): \$13 for one item, \$1 per additional item, <i>call for int'l rates</i>		
<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 _____		

**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 or [www.GirlsCircle.com](http://www.GirlsCircle.com)**

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



# 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.



## 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 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 beliefs 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 "Accepting Different Parts of Myself," "Giving Voice to Feelings," "Romantic Relationships," "Girlfights or Girlfriends," and complimented with journaling, role-play, sculpting, and more.



## Mother Daughter Circle - \$116.00

**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. Co-Facilitation recommended.



## Girls Circle Facilitator Manual - \$72.00 **A MUST HAVE!**

Facilitators and organizations that serve girls in any setting or culture will find this one-of-kind facilitator manual rich with practical, useful 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. 135 pages to prepare you with all the information and skills you need to run high-powered gender specific programs for girls.

## Evaluation Tool Kit - \$65.00

Contains all materials you need to measure outcomes with your Girls Circle program in conjunction with any combination of the Girls Circle Activity Guides. Also includes step-by-step instructions for program evaluation, consent forms, information sheets, Spanish language Survey and forms, and options for collaboration with a national GCA study.



## GIRLS CIRCLE COMPLETE SET VALUE OF \$980.00 – DISCOUNTED AT \$880.00

Nine Activity Guides 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. Also includes the Facilitator Manual and Evaluation Tool Kit. (Mother-Daughter guide not included.)