

# IMPLEMENT AN EVIDENCE-BASED PROGRAM FOR GIRLS

## GIRLS CIRCLE FACILITATOR TRAINING

NOVEMBER 11-13, 2020

ONLINE



### Promoting Resiliency in Girls and Young Women.

The Girls Circle® model is a strengths-based support group for adolescent girls and those who identify with female adolescent identity, designed in the evidence-based principles of motivational interviewing and strengths based approaches, is trauma responsive, culturally responsive, gender transformative, and utilizes restorative practices.

**GIRLS CIRCLE® IS THE FIRST PROGRAM IN THE NATION PROVEN TO REDUCE DELINQUENCY FOR GIRLS, NOW LISTED ON SAMHSA'S NATIONAL REGISTRY FOR EVIDENCE-BASED PROGRAMS AND PRACTICES.**

**An Online Workshop for Adults Across All Sectors** including Education, Community Based Programs, Juvenile Justice, Mental and Behavioral Health, Child Welfare, Substance Abuse and Gang Prevention Programs, Faith Based Settings, and more

**Training Outline:** Theoretical Framework, The Six Step Circle Format, Group Agreements and Strengths-Based Approach, Managing Challenging Group Dynamics, Primary Role of the Facilitator, Research, Effective Facilitation Skills, Facilitating Lively Discussion and Experiential Activities.

**Credits Offered:** 12 CE Hrs. Approved provider by NASW # 886445495-9301; 14 Hrs. Approved by CA-STC for Corrections. Approved provider by CAMFT, Provider #132313. This course qualifies for 13 CE hours for LMFT's, LCSW's, LPCC's, and LEP's by the CA BBS. OCF maintains responsibility for this program/course and its content.

**Ask about our free Grant Writer's Template to help you secure funding for these highly effective programs.**

**LOCATION:** Zoom Online Meeting  
(Link Provided After Registration)

**TIME:** DAY 1: 8am - 1pm PST  
DAY 2: 8:30am - 1pm PST  
DAY 3: 8:30am - 1pm PST

**HOSTED BY:** One Circle Foundation

**COST:** \$420

Registration includes Facilitator Manual and handouts. Attendance required all three days and a certificate is awarded by email upon completion once verified. Attendees will receive a coupon at the training for 15% off curricula, valid for 30 days beginning on Day Three. Not redeemable with previous purchases. Scholarship application available on the training page at [OneCircleFoundation.org](http://OneCircleFoundation.org).

For the course outline and complete list of educational objectives, visit: [www.onecirclefoundation.org](http://www.onecirclefoundation.org)

For information on our instructors, visit [www.onecirclefoundation.org/trainers.aspx](http://www.onecirclefoundation.org/trainers.aspx).

For full training policies, accreditation, and accommodations for special needs visit our website: [www.onecirclefoundation.org](http://www.onecirclefoundation.org). For addressing grievances, please write [info@onecirclefoundation.org](mailto:info@onecirclefoundation.org).

REGISTER AT [WWW.ONECIRCLEFOUNDATION.ORG](http://WWW.ONECIRCLEFOUNDATION.ORG) OR CALL (415) 419-5119



One Circle Foundation is a San Francisco Bay Area nonprofit organization which promotes resiliency and healthy development in youth, adults, and communities. We train, consult, and equip service providers across all youth sectors locally and internationally with research-based circle program models, best practice approaches, and manual-guided curricula. Girls Circle®, The Council for Boys and Young Men®, and Women's Circle® integrate evidence-based practices with cross-cultural traditions and caring relationships. **Read more on our Models & Research at [www.OneCircleFoundation.org](http://www.OneCircleFoundation.org).**

TRAINING DATE \_\_\_\_\_ LOCATION \_\_\_\_\_

TRAINING MODEL (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 \_\_\_\_\_

EMAIL \_\_\_\_\_

HOW DID YOU HEAR ABOUT US? \_\_\_\_\_

REGISTRATION FEES – ATTENDANCE REQUIRED BOTH DAYS	QUANTITY	TOTAL
\$370 per Participant 30 days prior to training, \$420 within 30 days of training date.		
<b>CURRICULA ORDERING</b> (Optional, See Next Page for Information)		
1.		
2.		
3.		
(Tax only applies to curricula shipped to California. Rate: 8.5%) <b>TAX:</b>		
(The cost of shipping curricula varies, call for rates. Ships within 48 hours of receiving payment or purchase order.) <b>SHIPPING:</b>		
<b>GRAND TOTAL:</b>		

**PAYMENT 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:

**ONE CIRCLE FOUNDATION | 734 A STREET, SAN RAFAEL, CA 94901**

FAX: **(415) 448-5459** | EMAIL: **INFO@ONECIRCLEFOUNDATION.ORG** | CALL: **(415) 419-5119**

PURCHASE ORDER MUST BE SENT WITH REGISTRATION FORM. Registration and payment must be received by two weeks before the training. A \$50 administrative fee will be charged for cancellations within two weeks of training. No refunds within one week of the training. For more information visit [www.OneCircleFoundation.org](http://www.OneCircleFoundation.org).



# GIRLS CIRCLE CURRICULA

These curriculum 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. The user-friendly guides contain step-by-step instructions on leading discussions, teambuilding, and creative activities. Simply gather your materials and begin. Easily adaptable to your own unique setting. [www.OneCircleFoundation.org](http://www.OneCircleFoundation.org) | (415) 419-5119 | Fax: (415) 448-5459



## BODY IMAGE

8 SESSIONS, Ages 12+. Examines cultural messages and personal beliefs that influence body image. Themes emphasize raising awareness, recognizing body signals, and exploring underlying causes of poor body image. Excellent prevention program. \$116



## MY FAMILY, MY SELF

8 SESSIONS, Ages 12-18. Girls are invited to share the influence of their families and cultural values on their own social-emotional development, and build skills to strengthen their confidence in relationships with relatives and peers. \$116



## MIND, BODY, SPIRIT

12 SESSIONS, Ages 12-16. Promotes resistance skills to high-risk behaviors by addressing drug use and healthy sexuality. Outstanding prevention program. \$168  
**MENTE, CUERPO Y ESPÍRITU GUÍA PARA LATINAS** – English & Spanish in one guide! \$200



## WHO I AM

8 SESSIONS, Ages 14-18. Examines identity, assertiveness, and goal setting through role-play, mandala making, music, and more. Well received by high school girls, themes include "Journaling and Self-Disclosure" and "Personal Growth/Assertiveness." \$116



## EMPOWERMENT AND IDENTITY ON SOCIAL MEDIA

10 SESSIONS, Ages 11-18. Harnesses the relational strengths of youth to effectively explore the complex intersecting topics of technology, body image, cyberbullying, exploitation, and relationships. \$147



## RELATIONSHIPS WITH PEERS

10 SESSIONS, Ages 13-18. Enhances awareness of girls' relationships with themselves and others. Activities include journaling, role-play, games, poetry, sculpting, and more. Highly engaging for teen girls. \$147



## EXPRESSING MY INDIVIDUALITY

8 SESSIONS, Ages 11-15. Explores topics such as celebrating individuality, diversity, and addresses conflict styles, feeling good about ourselves, and taking time to relax. A variety of topics and activities for middle and high school girls! \$116



## BEING A GIRL

8 SESSIONS, Ages 11-13. 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." Activities include collage, affirmations, and theme-related crafts. \$116



## SEX IN THE DIGITAL AGE: A GUIDE TO TALKING WITH TEENS ABOUT PORNOGRAPHY AND SEXING

6 SESSIONS, Ages 11-18. A supplemental guide for use with all youth. Complements your existing sex education and media literacy offerings. \$90



## PATHS TO THE FUTURE

12 SESSIONS, Ages 12+. For at-risk or court-involved girls. Opens up girls to important exploration regarding their choices and behaviors and examines ways to promote self-care and healthy decision-making through lively activities. \$168



## FRIENDSHIP

8 SESSIONS, Ages 9-14. Groundbreaking guide that addresses exclusion, intolerance, and feuding. Confronts relational aggression and shores girls up with strong interpersonal skills; knocks down barriers to pride, confidence, and empathy. \$116



## HONORING OUR DIVERSITY

12 SESSIONS, Ages 11-18. Recognizes girls' varied cultural, ethnic, and racial backgrounds emphasizing positive identity and alliance building. Includes discussions and activities that include a community advocacy exercise. \$168



## WISE & WELL

8 SESSIONS, Ages 12-18. Addresses cyberbullying, binge drinking, the stigma of mental health and more. Includes activities that inspire eyes wide open, minds sharp and aware, and hearts willing to step up to leadership for their own health and safety. \$116



## LA MARIPOSA A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS

12 SESSIONS, Ages 12-18. Addresses the challenges with assimilating to a dual-cultural life, and reinforces a sense of pride and connection with Latina culture. \$199



## MOTHER-DAUGHTER CIRCLE HEART OF THE MATTER

8 SESSIONS, Ages 11+. 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. \$168



## THE GIRLS CIRCLE COMPLETE SET

Rich with skill-building themes that promote critical thinking in all areas of girls' lives. Includes 16 Activity Guides, the Facilitator Manual and the Evaluation Tool Kit. A Value of \$2,285 – Priced at \$2,056 (10% Off.)

**GIRLS CIRCLE FACILITATOR MANUAL** Start your Girls Circle journey here by learning the guiding principles, theoretical framework, and foundational structure of the Girls Circle program. Included with registration to the Girls Circle Training. \$104

**GIRLS CIRCLE EVALUATION TOOL KIT** Developed specifically for Girls Circle and contains all you need to measure outcomes in conjunction with any combination of the Girls Circle Activity Guides. \$83