Girls Circle Facilitator Training

- Philosophy and Rationale of Girls Circles
- Six-Step Circle Format - How and Why It Works
- Creating Trust, Bonding, and Cohesion
- Primary Role of the Facilitator
- Effective Facilitation Skills - Get Girls Talking
- Shaping and Holding Lively Group Discussions
- How to Handle Challenging Group Dynamics

Girls Circle Advanced Training

- Theory of Misbehavior in Groups
- Four Main Goals of Misbehavior
- Role-Playing Personal Challenges
- The Six Stages of Change
- Advanced Listening and Reflective Listening Techniques
- Motivational Interviewing Theory

Girls Circle Activity Guides

- Friendship (8-Week Program)
  Ages 9-14: Groundbreaking guide that shows girls up with strong interpersonal skills; knocks down barriers to pride, confidence, and empathy. Confronts exclusion, intolerance and feeling. $78.00

- Being A Girl (8-Week Program)
  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." Great kit for middle-school girls new to support groups. $78.00

- Body Image (8-Week Program)
  Ages 12+: Helps girls examine the cultural messages and personal beliefs that influence body image. Themes emphasize raising awareness, recognizing body signals, and exploring underlying causes of poor body image. $78.00

- Honoring Our Diversity (12-Week Program)
  Ages 11-18: Recognizes girls' varied cultural, ethnic, and racial backgrounds emphasizing positive identity and alliance building. Includes discussions and activities that cover topics such as "Stereotype Busting," "Beyond Fear," "Cultural Treasures," "Culture Clash," and includes a community advocacy exercise. Guide includes a girls' journal for weekly reflection. $116.00

- Mind, Body, Spirit (12-Week Program)
  Ages 12-16: This excellent prevention guide 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. $116.00

- Expressing My Individuality (8-Week Program)
  Ages 11-15: Explores topics such as celebrating individuality, diversity, getting along with others, and addresses goals, conflict styles, feeling good about ourselves, and taking time to relax. $78.00

- Relationships with Peers (10-Week Program)
  Ages 13-18: Enhances girls' awareness of their relationships with themselves and others. Themes include "Expressing Myself," "Accepting Different Parts of Myself," "Giving Voice to Feelings," "Romantic Relationships," "Girlfriends or Girls'friends" and are complimented by activities such as journaling, role-play, sculpting, and more. $105.00

- Who I Am (8-Week Program)
  Ages 14-18: Weeks with girls to examine identity, assertiveness skills, and goal setting through role-play, mandala-making, relationship to music, and more. Very well received by high school girls. $78.00

- Paths to the Future (12-Week Program)
  Ages 12+: A skills-building support circle for use with at-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. $116.00

- Foundation Set (AGES 9-18)
  Three programs designed to meet girls where they are and develop a healthy foundation with female identity, friendships, and body image. $234.00

- Community Set (AGES 11-18)
  Three programs addressing innovative ways to cultivate respect, build alliances, and examine beliefs, values, and choices about girls' lives and the world around them. $310.00

- Unity Set (AGES 13-18)
  Three programs designed to strengthen girls’ skills to move into more complex definitions of relationship to self and others. Explores feelings, goals, assertiveness, and achieving success. $299.00

- Evaluation Tool Kit
  Contains all the materials you need to measure outcomes with your Girls Circle program in conjunction with any combination of the Girls Circle Activity Guides. Spanish Language Survey and forms included. $72.00

- Facilitator Training Manual
  Whether you use one guide or nine, your journey with facilitating a Girls Circle starts here. Learn the guiding principles behind Girls Circle, receive daily guidance on setting up and running Girls Circles, and explore how to tailor Circles to your unique situation. $72.00

- To order Girls Circle materials today, visit www.girlscircle.com
Girls Circle is a safe space to share feelings:
• Increases respect for self and others
• Ability to express oneself and have a voice

Girls Circle becomes a place of comfort, change, and growth. The Girls Circle model is grounded in research on female development, and Girls Circles around the country in diverse settings have consistently shown statistically significant increases in self efficacy, social connection, and body image. Additionally, NEW studies show a reduction in self-harming behaviors and alcohol use and increases in liking of self, others, and life.

FREQUENTLY ASKED QUESTIONS

What is Girls Circle?
Girls Circle is a strengths-based program for adolescent girls ages 9 to 18. It is a gender-specific, adaptable approach to promoting girls' resiliency, confidence, and connection. The transformation of thousands of girls' lives is not an easy success story to encapsulate. The Girls Circle Association provides nationwide training and support materials to adults who work with girls across every socio-economic, geographical, and ethnic population, religion, and sexual identification. The training applies to all areas of youth programming, including boys and girls clubs, juvenile justice, positive youth development, pregnancy prevention, schools, gang prevention, scouting groups, residential treatment centers, substance abuse prevention, and beyond – wherever girls come together!

Is Girls Circle a Research-Based Program?
Yes. The Girls Circle model is grounded in research on female development, and Girls Circles around the country in diverse settings have consistently shown statistically significant increases in self efficacy, social connection, and body image. Additionally, NEW studies show a reduction in self-harming behaviors and alcohol use and increases in liking of self, others, and life.

Can I bring Girls Circle to my community?
Yes! Our materials and methodology for starting your own circle are free. We are happy to assist you in designing and implementing the Girls Circle program in your community.

Do I have to attend a training to start a Girls Circle?
No. While the training fully prepares you to implement the program, we realize that many facilitators are not able to get to a training. Our Facilitator Training Manual is available to download from the Girls Circle website at www.girlscircle.com for a downloadable copy of our current research results.

What population does the Girls Circle Facilitator Training serve?
The Girls Circle Facilitator Training serves adults who work with girls across every socio-economic, geographical, and ethnic population, religion, and sexual identification. The training applies to all areas of youth programming, including boys and girls clubs, juvenile justice, positive youth development, pregnancy prevention, schools, gang prevention, scouting groups, residential treatment centers, substance abuse prevention, and beyond – wherever girls come together!

What is the impact of Girls Circle?
The Girls Circle Association is recognized as an emerging leader in gender-specific programming. Our programs are even more unique as each 8 – 12 week program is created to be adaptable to your organization's goals and capabilities. In general, girls participating in Girls Circles around the country report the following:
• Improved relationships with other girls
• Reduced risk of substance abuse
• Counters feelings of isolation & self-doubt
• Enhanced problem solving/decision making skills
• Increases resiliency
• Makes them stronger, deeper, together
• Increases confidence

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Grants Program. Call our office for further information.

Is There Funding Available for Girls Circle Facilitator Trainings?
Yes. State and local delinquency prevention and intervention programs may be eligible to receive free on-site training or technical assistance from the Office of Juvenile Justice and Delinquency Prevention (OJJDP) through their Formula Grants/State Challenge Grants Program.

Welcome to Girls Circle
This brochure outlines our two main offerings:

Girls Circle. Please let us know how we can help you make a Circle!

Within both offerings, you receive the tools you need to encourage the development of girls' strengths, confidence, skills, and healthy relationships. We welcome you to participate in our training and methodology for starting your own circle. We are happy to assist you in designing and implementing the Girls Circle program in your community.

Girls Circle Program Materials
This combination of gender specific, adaptable material makes us the leading producer of programs for adolescent girls and their facilitators. We're successfully serving facilitators within every type of organization, from schools, to the juvenile justice system, to the corner yoga studio. Our programs are even more unique as each 8 – 12 week program is created to be adaptable to your organization's goals and capabilities.

Girls Circle Facilitator Trainings
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Where is the Girls Circle home office?
The Girls Circle Center
Susan Albert
698 Concord Church Road, Pickens, SC 29671
803.348.0933
For certification as a facilitator in Girls Circle call:
864.976.1103