

FOSTER THE BOND BETWEEN MOTHERS & DAUGHTERS

MOTHER-DAUGHTER CIRCLE FACILITATOR TRAINING

APRIL 5TH, 2018 COLUMBIA, MO



Learn to Facilitate Powerful Circles with Mothers and Daughters ages 11-18.

Integrating the Women and Girls Circle® models and best practice parenting approaches, this workshop focuses on implementing the Mother-Daughter *Heart of the Matter* curriculum that promotes empathy, positive female identity, healthy coping strategies, quality communication skills, and effective parental limit setting.

THE 8-WEEK MOTHER-DAUGHTER CURRICULUM IS INCLUDED WITH THE PRICE OF REGISTRATION (A \$160 VALUE).

Credits Offered: 6.5 CE's Offered to MFT's, LCSW's

Training Outline: Purpose and Structure, Strengthening Bonds within the Circle, Building Safety and Communication Skills, The 5 STEP™ Method for Times of Conflict, Roles & Meanings of Female Identity, Mapping Agreements and Accountability, Stress Reduction and Affirmation Skills

Testimonial: "I have been facilitating Mother-Daughter Circles with approximately 96 families. This is one of the best models I have used. It creates a unique circle of safety and support for daughters and mothers. I truly see Mother-Daughter Circle as a beacon of hope, support, and family bonding experience that is unparalleled."

– Heather Wlochowski, Manchester Youth Service Bureau, Manchester, CT

LOCATION: The Columbia Police Department Regional Training Center
5001 Meyer Industrial Dr.
Columbia, MO 65101

TIME: 8am*- 4:30pm

HOSTED BY: Missouri Juvenile Justice Association (MJJA)

COST: \$285 by March 5th, \$310 after March 5th

*Registration begins at 8am, training starts at 8:30am.

Registration includes Mother-Daughter Circle Activity Guide and continental breakfast. Attendees will receive a coupon after the training for 15% off curricula, valid for 30 days. Not redeemable with previous purchases. Scholarship application available on the training page at OneCircleFoundation.org.

REGISTER AT 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.**

TRAINING DATE _____ LOCATION _____

TRAINING MODEL (GIRLS CIRCLE / THE COUNCIL / MOTHER-DAUGHTER) _____

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	QUANTITY	TOTAL
\$285 per Participant 30 days prior to training, \$310 within 30 days of training date.		
CURRICULA ORDERING (Optional, See Next Page for Information)		
1.		
2.		
3.		
(Tax only applies to curricula shipped to California. Rate: 8.5%) TAX:		
(The cost of shipping curricula varies, call for rates. Ships within 48 hours of receiving payment or purchase order.) SHIPPING:		
GRAND TOTAL:		

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.



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 | (415) 419-5119 | Fax: (415) 448-5459



BODY IMAGE

8 SESSIONS, Ages 12+. Examines cultural messages and personal beliefs that influence body image. Raises awareness, and explores underlying causes of poor body image. \$116



MY FAMILY, MY SELF

8 SESSIONS, Ages 12-18. Examines development within a family and offers the chance to acknowledge the many gifts and challenges of growing up within the family unit. \$116



MIND, BODY, SPIRIT

12 SESSIONS, Ages 12-16. Promotes resistance skills to high-risk behaviors by addressing drug use and healthy sexuality. \$168
MENTE, CUERPO Y ESPÍRITU GUIA PARA LATINAS - In English & Spanish! \$200



WHO I AM

8 SESSIONS, Ages 14-18. Examines identity, assertiveness, and goal setting through role-play, mandala making, music, and more. Very well received by high school girls. \$116



RELATIONSHIPS WITH PEERS

10 SESSIONS, Ages 13-18. Enhances awareness of relationships. Themes include "Expressing Myself," "Romantic Relationships," & "Girlfights or Girlfriends." \$147



EXPRESSING MY INDIVIDUALITY

8 SESSIONS, Ages 11-15. Celebrates individuality, diversity, getting along with others, and addresses goals, conflict styles, individual wellness, and taking time to relax. \$116



BEING A GIRL

8 SESSIONS, Ages 11-13. Introduces the positive experience of a support circle addressing topics such as "Growing Up Female," "Growth and Self-Care," & "Female Role Models." Great for middle-school girls. \$116



PATHS TO THE FUTURE

12 SESSIONS, Ages 12+. For at-risk or court-involved girls. Examines beliefs and actions about trust, authority figures, sexuality, dating violence, HIV, drug abuse, stress and goal-setting. \$168



FRIENDSHIP

8 SESSIONS, Ages 9-14. Groundbreaking guide that shores girls up with strong interpersonal skills, addresses exclusion and feuding and 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 while emphasizing positive identity and alliance building. Includes a journal. \$168



WISE & WELL

8 SESSIONS, Ages 12-18. Addresses current challenges such as cyberbullying, social media, binge drinking, marijuana use, mental health, and more. Inspires eyes wide open and minds sharp and aware. \$116



LA MARIPOSA FOR ADOLESCENT LATINAS

12 SESSIONS, Ages 12-18. Supports the positive life development of Latina girls and introduces life skills for empowerment and excellence via culturally responsive discussions and activities. \$199



MOTHER-DAUGHTER CIRCLE

8 SESSIONS, Ages 11+. Mothers or Female Caregivers join their daughters 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 12 Activity Guides, the Facilitator Manual and the Evaluation Tool Kit. A Value of \$1,818 – Priced at \$1,635 (10% Off.)

GIRLS CIRCLE FACILITATOR MANUAL Learn 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 of your Girls Circle program. \$83