Mother-Daughter Circle Facilitator Training
A Training for Service Providers to Facilitate Powerful Circles with Mothers and Daughters

Foster, repair, restore, and rebuild relationships between daughters and mothers.

“I have been facilitating Mother-Daughter Circles for eight years with approximately 96 families. This is one of the best models I have used. I have had the privilege to watch moms and daughters grow and thrive with the support of the program. 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, Youth Service Coordinator, Manchester Youth Service Bureau, Manchester, CT

MOTHER-DAUGHTER CIRCLES:
• Enhance empathy and understanding
• Coach healthy communication skills
• Explore family’s positive female identity
• Build community connection and support
• Develop stress reducing strategies
• Practice clear limit setting and respect for boundaries
• Foster relationship accountability

TRAINING OUTLINE
• Purpose and Structure of the Mother-Daughter Circle
• 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

CREDITS OFFERED: 6.5 CE’s Offered to MFT’s, LCSW’s and RN’s
MOTHER-DAUGHTER CIRCLE ACTIVITY GUIDE INCLUDED WITH TRAINING FEE (A $160 VALUE)

Sept. 17th, 2015 • San Francisco, CA • 8:00am*- 4:30pm
Location: Women’s Building, 3543 18th St #8, San Francisco, CA 94110
Cost: $275 by 8/20, $300 after 8/20. Registration fee includes 1 day training, Mother-Daughter Circle Facilitator Activity Guide, and continental breakfast. *Registration begins at 8am, training starts at 8:30am.

Hosted by: ONE CIRCLE FOUNDATION
Register Online at www.OneCircleFoundation.org

Attendees will receive 15% off curricula after the training, valid for 30 days. Not redeemable with previous purchases. Scholarship application available at www.OneCircleFoundation.org. This training focuses on utilizing the Mother-Daughter Circle Curriculum, “Heart of the Matter,” an 8-session program included with your registration. Appropriate for mothers and daughters (11+).
REGISTRATION FORM – MOTHER-DAUGHTER CIRCLE TRAINING
– PLEASE PRINT CLEARLY –

Training Date: ____________________  Training Location: ______________________________________________________

Name: __________________________________________________________

Title: __________________________________________________________________________________________

Organization: _________________________________________________________________________________

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

Address: ______________________________________________________________________________________

City: __________________ State/Prov.: _____ Zip/PC: ______ Country: ______

Daytime Phone: ____________________  Cell Phone: ____________________

E-Mail: ________

How did you hear about us?: ____________________________________________

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<th>REGISTRATION FEES – Full Day Attendance Required</th>
<th>Quantity</th>
<th>Total</th>
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<td>$275 per Participant 30 days prior to training, $300 within 30 days of training date.</td>
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FACILITATOR ACTIVITY GUIDES: Optional – See Next Page for Info.

1. ____________________________________________________________________________________________

2. ____________________________________________________________________________________________

3. ____________________________________________________________________________________________

TAX (Only applies to Activity Guides that are shipped within California): 8.5%

Shipping & Handling (Activity Guides only. Cost varies, Call for Rates)

Activity Guides will ship within 48hrs of receiving payment or Purchase Order

GRAND TOTAL

Method: Check # ____________  P.O. # __________________________  Credit Card Type (all accepted) ____________

Credit Card# ___ ___ ___ ___ - ___ ___ ___ ___ - ___ ___ ___ ___ - ___ ___ ___ ___  Exp: ___/___  CVS#: __________

Billing Address (if different): ____________________________________________________________

Signature: X

Purchase Order Must be Sent with Registration Form

SEND REGISTRATION FORM AND FEES PAYABLE TO:
One Circle Foundation  |  734 A St., Ste. 4, San Rafael, CA 94901  |  Fax to: (415) 448-5459

Registration Information: (415) 419-5119

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.OneCircleFoundation.org
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 - $110.00
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.

Being A Girl - $110.00
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.

Honoring Diversity - $160.00
Ages 11-18. 12-Week Program. Recognizes girls’ varied cultural, ethnic, racial backgrounds, emphasizing positive identity and alliance-building.

Who I Am - $110.00
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.

Relationships with Peers - $140.00

Wise & Well - $110.00
Ages 12-18. 8-Week Program. Addresses 21st Century challenges such as cyberbullying, social networking, binge drinking, marijuana use, the stigma of mental health and more.

Girls Circle Facilitator Manual - $99.00 A MUST HAVE!

Expressing My Individuality - $110.00
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.

Mind, Body, Spirit - $160.00
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. ALSO AVAILABLE: Mente, cuerpo, y espíritu guía para Latinas

(Mind Body Spirit guide for Latinas) - $190.00
Culturally adapted with Spanish and English in one guide!

Body Image - $110.00
Ages 12+. 8-Week Program. Helps girls examine the cultural messages and personal beliefs that influence body image.

Paths to the Future - $160.00
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.

Mother Daughter Circle - $160.00
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.

My Family, My Self - $110.00
Ages 12-18. 8-Week Program. Explores the influence of families on girls' identity, coping styles, and social-emotional development.

Evaluation Tool Kit - $79.00
Includes step-by-step instructions for program evaluation, consent forms, information sheets, Spanish language Survey and forms.

GIRLS CIRCLE COMPLETE SET
VALUE OF $1,728.00 – DISCOUNTED AT $1,550.00
All the above materials, 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. (English & Spanish “Mente, cuerpo, y espíritu guía para Latinas” not included.)