

# IMPLEMENT AN EVIDENCE-BASED PROGRAM FOR GIRLS

## GIRLS CIRCLE® FACILITATOR TRAINING MAY 21-23, 2024 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.**

**A Live Online Workshop for Adults Across All Sectors** including Education, Community Based Programs, Domestic Violence and Prevention, Juvenile Justice, Mental and Behavioral Health, Child Services, Gang Prevention, 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:** Program approved by the National Assoc. of Social Workers, Prov. No. 886445495, Approval No. 886445495-9906: 12.5 Hrs. | One Circle Foundation is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs, Approved Provider #132313: 13 CE's | One Circle Foundation maintains responsibility for this program/course & 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 PDT  
DAY 2: 8:30am - 1pm PDT  
DAY 3: 8:30am - 1pm PDT

**HOSTED BY:** One Circle Foundation

**COST:** \$449

Registration includes Facilitator Manual and handouts. Attendance required each day and a certificate is awarded by email upon completion, once verified, within two business days. Attendees will receive a coupon at the training for 15% off curricula, valid for 30 days beginning Day 3. Not redeemable with previous purchases. For a scholarship application, see: [www.onecirclefoundation.org/scholarships](http://www.onecirclefoundation.org/scholarships)

For the course outline visit the training page of our website:  
[www.onecirclefoundation.org/girls-circle-training](http://www.onecirclefoundation.org/girls-circle-training)

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

For full training policies, accreditation, cancellations, and disability accommodations visit our website:  
[www.onecirclefoundation.org/accreditation](http://www.onecirclefoundation.org/accreditation)

For addressing grievances, please write to:  
[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®, Unity Circle, and Women's Circle® integrate evidenced-based practices with cross-cultural traditions and caring relationships. **Read more on our Models & Research at [www.OneCircleFoundation.org](http://www.OneCircleFoundation.org).**



# GIRLS CIRCLE® FACILITATOR TRAINING LIVE ONLINE

## LEARNING OBJECTIVES AND SCHEDULE

### DAY 1 | 8:00AM – 1:00PM

ON DAY ONE, PARTICIPANTS WILL BE ABLE TO:

- Identify at least one key practice of a strengths-based facilitator approach to developing group agreements
- Name a key distinction between relational vs. non-relational strategies that promote resiliency, especially pertaining to girls and gender-expansive youth with complex trauma histories
- Name the six steps of the Girls Circle® Model

8:00am–8:30am.....	ONLINE PLATFORM ORIENTATION
8:30am–9:10am.....	OPENING, ICEBREAKER, COMMUNITY AGREEMENTS
9:10am.....	break [5 mins]
9:15am–10:55am.....	THEORETICAL FOUNDATION
10:55am.....	break [5 mins]
11:00am–12:40pm.....	GIRLS CIRCLE® SIX STEP MODEL
12:40pm–1:00pm.....	DEBRIEF, SUMMARY, CLOSING

### DAY 2 | 8:30AM – 1:00PM

ON DAY TWO, PARTICIPANTS WILL BE ABLE TO:

- Name two strategies for preventing or managing challenging group dynamics
- List two legal and ethical responsibilities in the role of the facilitator
- List two techniques for best-practice, effective group facilitation skills
- Identify two components of the “Group Discussion Model” and two components of the “Experiential Model”

8:30am–9:10am.....	OPENING, REVIEW, Q/A, GROUP ACTIVITY
9:10am–9:35am.....	AGREEMENTS & STRENGTHS-BASED APPROACH
9:35am.....	break [5 mins]
9:40am–11:00am.....	MANAGING CHALLENGING GROUP DYNAMICS
11:00am–11:30am.....	ROLE OF THE FACILITATOR
11:30am.....	break [5 mins]
11:35am–12:05pm.....	EFFECTIVE FACILITATION SKILLS
12:05am–12:50pm.....	GROUP DISCUSSION & EXPERIENTIAL MODEL
12:50am–1:00pm.....	SUMMARY, Q/A, CLOSING

### DAY 3 | 8:30AM – 1:00PM

ON DAY THREE, PARTICIPANTS WILL BE ABLE TO:

- Describe one way that female development is impacted by each of the following: Boundaries, Stress, Self-expression or Creativity, and Stereotypes

8:30am–8:55am.....	OPENING, REVIEW, RESEARCH
8:55am–9:20am.....	GROUP CHALLENGE ACTIVITY – EXPERIENTIAL MODEL
9:20am–9:50am.....	REVIEW & PREPARATION TO LEAD ACTIVITIES
9:50am.....	break [5 mins]
9:55am–10:00am.....	INSTRUCTIONS
10:00am–11:35am.....	PRACTICUM ROUNDS 1, 2, 3
11:35am.....	break [5 mins]
11:40am–12:40pm.....	PRACTICUM ROUNDS 4, 5
12:40pm–1:00pm.....	DEBRIEF, Q/A, CLOSING, EVALUATIONS

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

TRAINING (circle one): GIRLS CIRCLE® • THE COUNCIL FOR BOYS & YOUNG MEN® • MGRB-IA • MOTHER-DAUGHTER CIRCLE

NAME \_\_\_\_\_ TITLE \_\_\_\_\_

LICENSE TYPE (circle one): NONE • LCSW • LEP • LMFT • LPCC • PSYCHOLOGIST • OTHER \_\_\_\_\_

LICENSE # \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE/PROV. \_\_\_\_\_ ZIP/PC \_\_\_\_\_ COUNTRY \_\_\_\_\_

SECTOR (circle one): CHILD WELFARE • C.B.O. • EDUCATION • GOVERNMENT / POLICY • JUVENILE JUSTICE •  
PUBLIC / MENTAL HEALTH • TRIBAL PROGRAMS • OTHER \_\_\_\_\_

REGISTRATION FEES – ATTENDANCE REQUIRED ALL DAYS	QUANTITY	TOTAL
\$449		
CURRICULA ORDERING (Optional, <a href="http://onecirclefoundation.org/curricula">http://onecirclefoundation.org/curricula</a> )		
1.		
2.		
3.		
TAX:		
(Cost of shipping varies, call for rates. Ships typically within 2 business days of receiving payment or purchase order.) SHIPPING:		
GRAND TOTAL:		

PAYMENT METHOD: Check# \_\_\_\_\_ P.O.# \_\_\_\_\_ Credit Card Type (all accepted) \_\_\_\_\_

CREDIT CARD# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EXP: \_\_\_\_/\_\_\_\_ CVS#: \_\_\_\_\_

BILLING NAME (if different): \_\_\_\_\_

BILLING ADDRESS (if different): \_\_\_\_\_

SIGNATURE: X \_\_\_\_\_

SEND REGISTRATION FORM AND FEES PAYABLE TO:

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

EMAIL: [INFO@ONECIRCLEFOUNDATION.ORG](mailto: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 event. A \$50 administrative fee will be charged for rescheduling within two weeks of training. Rescheduling can only be accommodated one time as a courtesy. We cannot offer refunds within (two) weeks of the training and appreciate your understanding. No shows do not qualify to be rescheduled or refunded. 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



## BODY IMAGE

10 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. \$147



## 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. Popular 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. \$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 and daughters join together in combined and age-appropriate groups to strengthen their bonds through shared listening and skill building. Includes in-person and virtual instruction. \$221



## ALL TOGETHER RISING: SESSIONS FOR YOUTH IN ADVERSITY

10 SESSIONS, Ages 12-18. Designed as trauma-responsive supplemental sessions, includes topics such as teen depression, loss and grief, community violence, housing insecurity, teen suicide and more. \$147



## GIRLS CIRCLE® COMPLETE SET

Rich with skill-building themes that promote critical thinking in all areas of girls' lives. Includes 16 curricula, the Facilitator Manual and the Evaluation Tool Kit.

**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.

**GIRLS CIRCLE® EVALUATION TOOL KIT** All you need to measure outcomes in conjunction with any combination of the Girls Circle® Activity Guides.