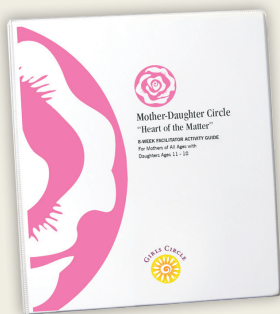


FOSTER THE BOND BETWEEN MOTHERS & DAUGHTERS

MOTHER-DAUGHTER CIRCLE FACILITATOR TRAINING SEPTEMBER 12-13, 2024 ONLINE



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 MOTHER-DAUGHTER CURRICULUM IS INCLUDED WITH THE PRICE OF REGISTRATION.

Credits Offered: Program approved by the National Assoc. of Social Workers, Prov. No. 886445495, Approval No. 886445495-1685: 7 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: 7 CE's | One Circle Foundation maintains responsibility for this program/course & its content.

Training Outline: Purpose and Structure, Strengthening Bonds within the Circle, Building Safety and Communication Skills, The 5 S.T.E.P.S.™ Method for Times of Conflict, Roles & Meanings of Female Identity, Mapping Agreements and Accountability, Stress Reduction and Affirmation Skills and Tips for Facilitating Circles Online

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

*By "mothers," "daughters," "girls," or "women" we mean any person who self-identifies with female development.

LOCATION: Zoom Online Meeting
(Link Provided After Registration)

TIME: Day 1: 8:00am - 12:30pm
Day 2: 8:00am - 12:00pm
Time zone: PDT

HOSTED BY: One Circle Foundation

COST: \$375

Registration includes the digital version of the Mother-Daughter Circle Activity Guide. Handouts will be emailed to registrant prior to Day 1. Attendance required both 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 2. Not redeemable with previous purchases.

For a scholarship application, see:
www.onecirclefoundation.org/scholarships

For the course outline visit the training page of our website:
www.onecirclefoundation.org/mgrb-course

For information on our instructors, visit:
www.onecirclefoundation.org/instructors

For full training policies, accreditation, cancellations, and disability accommodations visit our website:
www.onecirclefoundation.org/accreditation

For addressing grievances, please write to:
info@onecirclefoundation.org

REGISTER AT WWW.ONECIRCLEFOUNDATION.ORG OR CALL (415) 419-5119



MOTHER-DAUGHTER CIRCLE TRAINING LIVE ONLINE

LEARNING OBJECTIVES AND SCHEDULE

LEARNING OBJECTIVES

AS A RESULT OF THIS TRAINING, PARTICIPANTS WILL BE ABLE TO:

- Describe the primary purpose of the Mother-Daughter: Heart of the Matter Circle program.
- Define the strengths-based approach as it applies to working with youth and families.
- List two benefits that intergenerational storytelling can provide to the mother-daughter relationship.
- Identify two communication tools that mothers can utilize to improve relationships with their daughters and how a facilitator can promote the use of them in a circle program.
- Identify one communication tool that daughters can utilize to improve relationships with their mothers.
- Name the 5 STEPS to promote trust and clear expectations.
- Explain the purpose of utilizing a "LifeMap" activity with mother-daughter dyads.
- Describe two best practices that demonstrate cultural competence in working with diverse families.

DAY 1: 8:00 AM – 12:30 PM | 4.5 HOURS TOTAL

8:00AM.....	WELCOME, INTRODUCTIONS AND OVERVIEW, PURPOSE OF THE MOTHER-DAUGHTER CIRCLE, AGENDA
8:30AM.....	ONLINE PLATFORM, ORIENTATION, AND LOGISTICS
8:45AM.....	COMMUNITY AGREEMENTS: BUILDING SAFETY ONLINE WITH TRAINING GROUP, ROLE-MODELING HOW TO PROVIDE A SAFE SPACE FOR MOTHERS AND DAUGHTERS WHEN DOING GROUPS ONLINE OR IN PERSON
9:00AM.....	FACILITATOR COMMUNITY ICEBREAKER: "WE'D LIKE TO WELCOME YOU"; DISCUSS DIFFERENT FAMILY TOPICS AND THE POSITIVE AND CHALLENGING ASPECTS OF MOTHER-DAUGHTER RELATIONSHIPS
9:15AM.....	BUILDING SAFETY IN THE MOTHER-DAUGHTER CIRCLE; REVIEW OF GIRLS CIRCLE STRENGTHS-BASED APPROACH, THEORETICAL FOUNDATION, REVIEW AND INCREASE UNDERSTANDING OF TRAUMA THROUGH ACES
9:35AM.....	<i>break</i>
9:45AM.....	INTERGENERATIONAL CHALLENGES, BARRIERS AND BONDS. MOTHER-DAUGHTER STORYTELLING ACTIVITY; IDENTIFY COMMON MOTHER-DAUGHTER EXPERIENCES REGARDLESS OF CULTURAL, ETHNIC, SOCIO ECONOMICS, SEXUAL ORIENTATION, RELIGION, EDUCATION, GENDER OR AGE
11:00AM.....	PATTERNS OF COMMUNICATION AND HEALTHY COMMUNICATION SKILLS AND TOOLS TO IMPROVE HEALTHY RELATIONSHIPS AND CONNECTIONS WITH MOTHERS AND DAUGHTERS
11:25AM.....	<i>break [10 mins]</i>
11:35AM.....	COACHING MOTHER-DAUGHTER DYADS IN ROLE PLAYS; APPLYING TOOLS; THROUGH THE USE OF TOOLS IDENTIFIED, MOTHERS AND DAUGHTERS WILL ROLE-PLAY THE SKILLS LEARNED FOR BOTH IMMEDIATE AND FUTURE APPLICATION OF HEALTHY COMMUNICATION
12:25-12:30PM.....	SUMMARY AND CLOSING OF DAY 1

DAY 2: 8:00 AM – 12:00 PM | 4 HOURS TOTAL

8:00AM.....	OPENING, REVIEW OF DAY 1; AGENDA DAY 2
8:30AM.....	COMMUNICATION UNDER STRESS; CONFLICT SKILLS; SMALL BREAKOUT ROOMS TO PRACTICE TECHNIQUES AND TOOLS TO REPLACE UNHEALTHY PATTERNS OF COMMUNICATION
9:15AM.....	PROMOTING TRUST: SMALL GROUP EXPERIENTIAL ACTIVITY; PARTICIPANTS PRACTICE TRUSTING THROUGH FOLLOWING INSTRUCTIONS FROM EACH OTHER; FACILITATORS TIE IN THE IMPORTANCE OF TRUST BETWEEN MOTHERS AND DAUGHTERS – HOW WE'RE MOVING TO NEW LEVELS OF TRUST – GOING DEEPER INTO CONNECTION AND THE WORK
9:30AM.....	<i>break [10 mins]</i>
9:40AM.....	MEETING EXPECTATIONS AND NEEDS; THE FIVE S.T.E.P.S. FOR BUILDING TRUST; PRACTICE THE 5 S.T.E.P.S. OF HEALTHY COMMUNICATION USING TWO IDENTIFIED FAMILY CONFLICT SCENARIOS
10:45AM.....	ENERGIZER "BUST A MOVE," UTILIZING AN ENERGIZER TO DEMONSTRATE HOW TO ENGAGE MOTHERS AND DAUGHTERS IN GROUP DELIVERY ONLINE AND IN PERSON
10:55AM.....	LIFE MAPS: THE MOTHER-DAUGHTER RELATIONSHIP JOURNEY FOCUSES ON THE VALUED POINTS OF CONNECTION, DISCONNECTION, AND RESTORED CONNECTIONS BETWEEN MOTHERS/CAREGIVERS AND DAUGHTERS THROUGH A CREATIVE, BONDING ACTIVITY
11:25AM.....	<i>break</i>
11:35AM.....	WEEKS 7 & 8: PROGRESS, SELF-AWARENESS, COMMUNITY SUPPORT; REVIEW OF WEEKS 7 & 8 TO CREATE A FUTURE FORECAST OF SUCCESSFUL HEALTHY MOTHER-DAUGHTER RELATIONSHIPS; MOTHER-DAUGHTER APPRECIATION CEREMONY INCLUDED
11:40AM.....	IMPLEMENTATION PLANNING: COMMUNICATION, CULTURAL COMPETENCIES, CO-FACILITATION; OVERVIEW OF HOW TO IMPLEMENT WHILE BEING AWARE OF AND SENSITIVE TO CULTURAL DIFFERENCES
11:45AM.....	DEBRIEF; APPLICATION QUESTION AND CULMINATION ACTIVITY
12:00PM.....	EVALUATIONS AND CERTIFICATES. CLOSING

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
\$375		
CURRICULA ORDERING (Optional, http://onecirclefoundation.org/curricula)		
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 | 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.



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



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. 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 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



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.

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