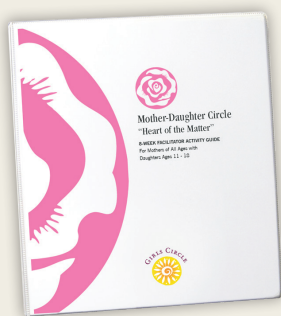


# FOSTER THE BOND BETWEEN MOTHERS & DAUGHTERS

## MOTHER-DAUGHTER CIRCLE FACILITATOR TRAINING SEPTEMBER 29-30 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. 886445495-1445: 6 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.

**Live-Online 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: PST*

**HOSTED BY:** One Circle Foundation

**COST:** \$375 by September 8th, \$425 after September 8th.

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](http://www.onecirclefoundation.org/scholarships)

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



# 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.

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### 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

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### 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

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

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 Early Bird Price, \$425 Standard Price		
<b>CURRICULA ORDERING</b> (Optional, <a href="http://onecirclefoundation.org/curricula">http://onecirclefoundation.org/curricula</a> )		
1.		
2.		
3.		
(Cost varies, call for rates. Ships typically within 2 business days of receiving payment or purchase order.)		
		TAX:
		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. 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. \$116



## MIND, BODY, SPIRIT

12 SESSIONS, Ages 12-16. Promotes resistance skills to high-risk behaviors. \$168  
**MENTE, CUERPO Y ESPÍRITU GUIA PARA LATINAS** – English & Spanish in one! \$200



## WHO I AM

8 SESSIONS, Ages 14-18. Examines identity, assertiveness, and goal setting through role-play, mandala making, music, and more. \$116



## EMPOWERMENT AND IDENTITY ON SOCIAL MEDIA

10 SESSIONS, Ages 11-18. Explore 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. \$147



## EXPRESSING MY INDIVIDUALITY

8 SESSIONS, Ages 11-15. Explores topics such as celebrating individuality, diversity, and addresses conflict styles, and feeling good about ourselves. \$116



## BEING A GIRL

8 SESSIONS, Ages 11-13. Introduces girls to the positive experience of a support Circle. Activities include collage, affirmations, and theme-related crafts. \$116



## SEX IN THE DIGITAL AGE: A GUIDE TO TALKING WITH TEENS ABOUT PORNOGRAPHY AND SEXTING

6 SESSIONS, Ages 11-18. A supplemental guide for use with all youth. \$90



## PATHS TO THE FUTURE

12 SESSIONS, Ages 12+. For at-risk or court-involved girls. 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. \$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. \$116



## LA MARIPOSA A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS

12 SESSIONS, Ages 12-18. \$199



## MOTHER-DAUGHTER CIRCLE HEART OF THE MATTER

8 SESSIONS, Ages 11+. Mothers and daughters join together to strengthen bonds through shared listening. \$221



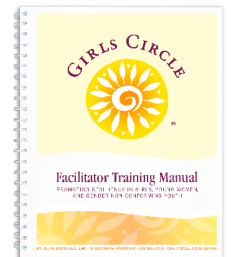
## ALL TOGETHER RISING: SESSIONS FOR YOUTH IN ADVERSITY

10 SESSIONS, Ages 12-18. Designed as trauma-responsive supplemental sessions. \$147



## VOICE & CHOICE: EMBRACING BOUNDARIES & CONSENT

10 SESSIONS, Ages 12-18. A compilation guide that fosters teen awareness of boundaries and consent. \$147



**GIRLS CIRCLE® FACILITATOR MANUAL** The guiding principles, theoretical framework, and foundational structure of Girls Circle®.

Also available:

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



## GIRLS CIRCLE® COMPLETE SET

The entire line of Girls Circle® activity guides, in addition to the Facilitator Manual and Evaluation Tool Kit, make this the most comprehensive offering for girls and youth. Priced at \$100 Off.