



Mother-Daughter Circle Training

Promote Healthy Bonds Between Mothers & Daughters!

The training will focus on the use of the Mother-Daughter Circle Activity Guide “Heart of the Matter,” a guide for use with Girls 11-18 and their mothers or female caregivers. Guide included with registration.



Lead powerful support groups for mothers and daughters during the transitional years of adolescence with activities that:

- Enhance Empathy and Understanding
- Coach Healthy Communication Skills
- Explore Family’s Positive Female Identity
- Foster Relationship Accountability
- Build Community Connection and Support
- Develop Stress Reducing Strategies
- Practice Clear Limit Setting and Respect for Boundaries

May 21st, 2010

Chicago, IL

8:00am-4:30pm

Early Bird Fee: \$ 195.00*

***\$225 Registration Fee after April 21st**

Hosted by:

Health and Medicine Policy Research Group

Location:

Mental Health America of Illinois

70 E. Lake Street, Ste. 900

Chicago, IL 60601

Workshop Outline

• Purpose and Structure of the Mother-Daughter Circle	• Strengthening Bonds within the Circle
• Building Safety and Healthy Communication Skills	• The 5 STEPS Method for Times of Conflict
• Exploring Roles and Meanings of Female Identity	• Mapping Agreements and Accountability
• Developing Stress Reduction and Affirmation Skills	• Co-Facilitation Success

Register online at: www.girlscircle.com Or Call (707) 794-9477

(Attendance Prerequisite: Having attended a Girls Circle Facilitator Training)

Registration fee includes 1 day training, Mother-Daughter Facilitator Activity Guide and continental breakfast.

Also Coming to Chicago: Girls Circle Facilitator Training!

Learn Skills to Lead Engaging Support Groups for Girls

May 19-20, 8:00am-4:30pm Early Bird Fee: \$295, or \$350 after April 21st

SIGN UP FOR BOTH TRAININGS AND RECEIVE A 15% DISCOUNT!

Early Bird Price for both trainings: \$415.00 | After April 21st: \$485.00

For more information [CLICK HERE](#). Must call to receive discount: (707) 794-9477.

REGISTRATION FORM – MOTHER-DAUGHTER CIRCLE TRAINING

-- PLEASE PRINT CLEARLY --

Training Dates: _____ Training Location: _____

Training Type (Girls Circle/Boys Council/Advanced): _____

Name: _____

Title: _____

Organization: _____

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

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Cell Phone: _____

E-Mail: _____

REGISTRATION FEES - 2-Day Full Attendance Required	Quantity	Total
\$195.00 per Participant by 4/21 or \$225.00 after 4/21		
Discount if also registering for GCFT Training on 5/19-20: \$415.00 or \$485.00 after 4/21		
FACILITATOR ACTIVITY GUIDES: <i>Optional - See Next Page for Info.</i>		
1.		
2.		
3.		
Tax (Only applies to Activity Guides that are shipped within California): 9%		
Shipping & Handling based on weight & destination - call for rates	S&H	
<i>Activity Guides will ship within 24hrs of receiving payment or Purchase Order</i>	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:

Tides/GCA, 458 Christensen Lane, Cotati, CA 94931 Fax to: (707) 794-9938

Registration and payment must be received 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.GirlsCircle.com or www.BoysCouncil.com



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 - \$78.00

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.



Expressing My Individuality - \$78.00

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.



Being A Girl - \$78.00

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.



Mind, Body, Spirit - \$116.00

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.



Honoring Diversity - \$116.00

Ages 11-18. 12-Week Program. Recognizes girls' varied cultural, ethnic, racial backgrounds, emphasizing positive identity and alliance-building.



Body Image - \$78.00

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



Who I Am - \$78.00

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.



Paths to the Future - \$116.00

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.



Relationships with Peers - \$105.00

Ages 14-18. 10-Week Program. Enhances girls' awareness of their relationships with themselves and others. Themes include "Accepting Different Parts of Myself," "Giving Voice to Feelings," "Romantic Relationships," "Girlfights or Girlfriends," and complimented with journaling, role-play, sculpting, and more.



Mother Daughter Circle - \$116.00

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. Co-Facilitation recommended.



Girls Circle Facilitator Manual - \$72.00 **A MUST HAVE!**

Facilitators and organizations that serve girls in any setting or culture will find this one-of-kind facilitator manual rich with practical, useful information presented in our workshop. Includes: Applying the Relational Theory and Resiliency Model, Effective Facilitation Skills, Holding Lively Group Discussions, How to Get Kids Talking, and more. 135 pages to prepare you with all the information and skills you need to run high-powered gender specific programs for girls.

Evaluation Tool Kit - \$65.00

Contains all materials you need to measure outcomes with your Girls Circle program in conjunction with any combination of the Girls Circle Activity Guides. Also includes step-by-step instructions for program evaluation, consent forms, information sheets, Spanish language Survey and forms, and options for collaboration with a national GCA study.



GIRLS CIRCLE COMPLETE SET VALUE OF \$980.00 – DISCOUNTED AT \$880.00

Nine Activity Guides 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. Also includes the Facilitator Manual and Evaluation Tool Kit. (Mother-Daughter guide not included.)