# GIRL'S ES CIRCLE At the dasis center for women and girls

### GIRLS CIRCLE IS A STRUCTURED GROUP WHERE GIRLS CAN:

TALK ABOUT EXPERIENCES, LISTEN TO AND SUPPORT ONE ANOTHER, DEVELOP SOLID RELATIONSHIPS WITH SELF AND PEERS, BROADEN THEIR DEFINITIONS OF BEAUTY AND BEING A GIRL, VOICE THEIR IDEAS AND OPINIONS IN A SAFE ENVIRONMENT.

"GIRLS CIRCLE MAKES GIRLS STRONGER BY SUPPORTING EACH OTHER AND HELPING US TO MAKE STRONGER CONNECTIONS WITH EACH OTHER."

# SCAN WITH YOUR PARENT TO SIGN UP!



## TOPICS AND ACTIVITIES INCLUDE:

RELATIONSHIPS, GOAL SETTING, ASSERTIVENESS, SELF-ESTEEM, JOURNALING, AND POETRY.



PLEASE CONTACT CINTHYA AT 850-270-2747 FOR ANY QUESTIONS!

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PLEASE SPEAK WITH YOUR GUIDANCE COUNSELOR AND SCAN WITH YOUR PARENT TO SIGN UP!

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Jnited Way of the Big Bend



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