3 GROUP MODELS

**GIRLS CIRCLE®,** for ages 9-18, addresses risky behaviors, builds on protective factors, and improves relationships in a format that interests and engages girls.

**THE COUNCIL FOR BOYS AND YOUNG MEN®,** for ages 9-18, promotes a safe and healthy passage through pre-teen and adolescent years and meets a core developmental need in boys for positive relationships.

**WOMEN’S CIRCLE®** is for women in all settings and backgrounds to share, explore, build skills, and encourage one another to live authentically in mind, body, and spirit.

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**EVIDENCE-BASED PRACTICES**

Our gender-responsive circle models and interventions are designed in evidence-based principles and practices, incorporating:

- Motivational Interviewing
- Cultural Responsivity
- Restorative Practices
- Strengths-Based approaches
- Trauma-Responsive practices

**OUR MODELS & SOLUTIONS:**

- Target Resiliency and Protective Factors
- Increase Engagement, Self-awareness, and Emotional Regulation
- Promote Moral Reasoning and Stimulate Critical Thinking
- Develop and Strengthen Healthy Relationships
- Examine Gender Norms to Remove Barriers & Build Healthy Identities

Read our research outcomes by visiting [www.oneCircleFoundation.org](http://www.oneCircleFoundation.org).

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**TRAINING & CONSULTATION**

We provide uniquely powerful, interactive, and experiential training for adults utilizing creative training techniques with individual and group practicum. We also offer consultation on research, implementation, sustainability, and quality assurance. The following trainings are offered:

- Girls Circle Facilitator Training
- The Council for Boys and Young Men Facilitator Training
- Mother-Daughter Circle Training
- Gender Specific Strategies Training

Call us to partner in bringing a training to your area!

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**ORDER CURRICULA ONLINE:**
[www.OneCircleFoundation.org](http://www.OneCircleFoundation.org)

**REGISTER FOR TRAININGS**

View our Training Calendar at [www.OneCircleFoundation.org](http://www.OneCircleFoundation.org)

**BRING A TRAINING TO YOUR AREA**

Call us for more information on bringing a training to your region.

**Call for More Information:**

(415) 419-5119

734 A Street, Suite 4, San Rafael, CA 94901, USA

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**About One Circle Foundation**

One Circle Foundation is a 501(c)3 organization promoting resiliency in children and youth, families, adults, and communities by offering circle models that create, restore, and sustain healthy relationships. One Circle Foundation recognizes that healthy relationships are the core element to a healthy individual, family, society, and world. Since 1997, we have been providing training, curricula, and consultation to organizations locally and internationally.
Girls Circle Facilitator Manual $99
Start your Girls Circle journey here by learning the guiding principles, theoretical framework, and foundational structure of the Girls Circle program.

Friendship 8-WEEKS
Ages 9-14. $99
Groundbreaking guide shows up strong interpersonal skills, addresses exclusion and teasing, and promotes empathy, confidence.

Introduces the positive experience of a support circle addressing topics such as “Growing Up Female,” “Growth and Self-Care,” & “Female Role Models.” Great for middle-school girls.

Body Image 8-WEEKS Ages 12+. $99
Helps girls examine cultural messages and personal beliefs that influence body image. Raises awareness, and explores underlying causes of poor body image.

Honoring Our Diversity 12-WEEKS Ages 11-18. $149
Recognizes girls’ varied cultural, ethnic, and racial backgrounds emphasizing positive identity and alliance building. Includes a girls’ journal for weekly reflection.

Mind, Body, Spirit 12-WEEKS Ages 12-16. $149
Addresses alcohol, tobacco, and drugs decision-making as well as healthy sexuality; promotes resistance skills and/or reduction to high-risk behaviors. ALSO AVAILABLE: Mente, cuerpo y espíritu guía para Latinas (Mind, Body, Spirit for Latinas) In English & Spanish! $179.00

Expressing My Individuality 8-WEEKS Ages 11-15. $99
Celebrates individuality, diversity, getting along with others, and addresses goals, conflict styles, feeling good about ourselves, and taking time to relax.

Enhances awareness of relationships with self and others. Themes include “Expressing Myself,” “Romantic Relationships,” & “Girlfriends or Girlfriends.”

Who I Am 8-WEEKS Ages 14-18. $99
Examines identity, assertiveness, and goal setting through role-play, mandala-making, music, and more. Very well received by high school girls.

Paths to the Future 12-WEEKS Ages 12+. $149
Written for use with at-risk or court-involved girls. Examines beliefs and actions about friendships, trust, authority figures, mother/daughter relationships, sexuality, dating violence, HIV, drug abuse, stress and goal-setting.

Wise & Well 8-WEEKS Ages 12-18. $99
Addresses 21st Century challenges such as cyberbullying, social networking, binge drinking, marijuana use, the stigma of mental health, and more.

My Family, My Self 8-WEEKS Ages 12-18. $99
Examines development within the context of family and offers the opportunity to acknowledge the many gifts and challenges of growing up within the family unit.

Mother-Daughter Circle 8-WEEKS Ages 11+. $149
Mothers or Female Caregivers and their daughters join together in combined and age-appropriate groups to strengthen their bonds through shared listening, creative expression, and skill building.

GIRLS CIRCLE COMPLETE SET DISCOUNTED AT 10%! $1,429
Order the Complete Set of Girls Circle Activity Guides that are rich with skill-building themes and activities that promote critical thinking in all areas of girls’ lives. Includes all 12 Activity Guides, plus the Facilitator Manual and the Evaluation Tool Kit to measure outcomes of your Circle! Years of well-planned program curricula that you can mix and match as needed.

ORDER CURRICULA ONLINE:
OneCircleFoundation.org, or call (415) 419-5119

ONE CIRCLE SET SAVE 20%! $1,829
Includes all our youth programming curricula from the Girls Circle and Council programs! All 12 Girls Circle Activity Guides, all 4 Council Activity Guides, the Facilitator Manuals from both programs and the Girls Circle Evaluation Tool Kit. This powerful set can transform the culture of your organization! Does not include Mind, Body, Spirit Guide for Latinas.

WOMENS CIRCLE

Identity — Who I Am 10-WEEKS $129
Supports discovery and the importance of each one’s place in family, community, and culture by examining “What Does It Mean to Be Me?”

Relationships 10-WEEKS $129
Addresses intimacy, sexuality, and personal standards. Explores professional relationships, family and friendships, as well as competition and community.

Being A Well Woman 10-WEEKS $129
Focuses on holistic health and wellness using collagen, games, surveys, case studies, and analysis along with guided visualization, stress relief, and more.

The Council Facilitator Manual $99
Outlines skills needed to implement The Council for Boys and Young Men. A potent tool full of practical, step by step information presented in our training.

Growing Healthy, Going Strong 10-WEEKS Ages 9-14. $129
Identifies social-emotional messages, experiences, attitudes, and smart options for growing up male in our culture.

Standing Together: A Journey Into Respect 10-WEEKS Ages 9-14. $129
Breaks down social-cultural barriers, defines male power, and addresses respecting others’ physical boundaries.

Living A Legacy: A Rite of Passage 10-WEEKS Ages 14-18. $129
Explores relationships, conflict resolution, education, leadership, diversity, media messages, personal values, integrity, and future goals.

Journey of the Great Warrior, Empowering Minority & Disenfranchised Youth 18-SESSIONS Ages 13-18. $199
Explores the four areas of human development: emotional/spiritual, psychological, social, and intellectual. Includes nine nature sessions.

THE COUNCIL COMPLETE SET DISCOUNTED AT 10%! $599
Four fully developed male-responsive curricula to engage, challenge, celebrate, develop, and unite boys. Also includes The Council Facilitator Manual.

THE COUNCIL COMPLETE SET DISCOUNTED AT 10%! $1,429
Four fully developed male-responsive curricula to engage, challenge, celebrate, develop, and unite boys. Also includes The Council Facilitator Manual.

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