

Girls Circle Now Accepting Referrals

- At-risk and court-involved girls aged 9-18
- Transportation may be provided
- Grant funded — No cost to the participant
- Closed cycle groups meet weekly for twelve weeks
- Groups forming in Virginia Beach, Chesapeake, Portsmouth, and Suffolk
- To make a referral, contact:



Ginger Ploeger, Director

Community-Based Clinical Programs

757-488-9382

gploeger@tyscommission.org

"I wish I could keep coming to Girls Circle every week, I looked forward every week to checking in about what I was going through."

Girls Circle Participant



Tidewater Youth Services Commission is a regional public agency, created in 1977 in an effort to coordinate needed services for the juvenile population, thus avoiding a duplication of services in the region. In close partnership with the Juvenile Courts and Departments of Social Services throughout Hampton Roads, Tidewater Youth Services Commission offers a full continuum of community-based therapeutic services that provide advocacy and assistance to youth and their families.

Girls Circle is a logical complement to the service system of Tidewater Youth Services Commission in that it integrates principles of Motivational Interviewing (MI), strength-based approaches, cognitive behavioral therapy, and basic skills acquisition, all techniques currently being used by our agency.

For more information on Girls Circle and other TYS Commission programs, visit www.TYSCommission.org.

To learn about the Commission's charitable foundation, visit www.TYSFoundation.org.



PROMOTING RESILIENCY IN
ADOLESCENT GIRLS



What is Girls Circle?

Girls Circle is a model of structured support for girls aged 9-18. It is designed to foster self-esteem, help girls maintain authentic connection with peers and adult women in their community, counter trends toward self-doubt, and allow for genuine self-expression through verbal sharing and creative activity.



Each week, a group of six to ten girls of similar age and development meet with a facilitator. An extensive curriculum allows facilitators to tailor the content of the group based on the specific needs of the participants.

For young women who have encountered challenges in their lives, Girls Circle provides a safe environment for them to explore positive responses to these challenges. Younger girls gain important skills and knowledge to help them grow into healthy, confident young women.

While topics vary based on the ages and needs of the group, discussions include: social relationships, mother/daughter relationships, stereotyping, self-esteem, conflict resolution, dating violence, goal setting, communication, and dealing with authority figures. When there is need, additional topics are introduced, such as substance abuse, domestic violence, and career skills.

Girls Circle is designated a "Promising Program" by the Office of Juvenile Justice and Delinquency Prevention.

Curriculum Details

Friendships and Bonding – The girls discuss dealing with hurtful relationships and healthy relationships. They will explore respect, support, and sisterhood – not judgment.

Communicating Skills and Dealing with Authority – Through group discussion and role-playing, girls will explore how to communicate effectively and relate to others—particularly authority figures—and increase their understanding of the differences between assertive, passive, and aggressive communication.

Dating Violence/Abusive Relationships – Through writing and discussion, girls will look at the statistics about dating violence, the reasons and causes, and explore ways to be safe from abusive relationships. The girls will also receive education on defining the different kinds of abuse: physical, emotional, verbal, and sexual.

Celebrating Diversity – Through open discussion, girls will clarify and understand the definition of diversity. They will discover and discuss the importance of having respect for people who are different from themselves and explore ways to make everyone feel accepted.

Inner Champion/Inner Critic – Through self-evaluation and discussion the girls learn to identify their strengths, hear their inner champion, and overcome their inner critic. They will explore responses to self-criticism and learn to identify the consequences of giving power to the critic over the champion. Facilitators will assist the girls in developing a plan to give a stronger voice to the inner champion.

*"I didn't know anyone else knew how I felt."
Girls Circle Participant*

Frequently Asked Questions

What is the cost to participate in Girls Circle?

Tidewater Youth Services Commission received a grant from the Department of Criminal Justice Services to provide this service. There is **NO COST TO PARTICIPANTS**.

Are donations needed for Girls Circle?

Yes, the federal grant for Girls Circle requires matching funds at an increased percentage each year over a four-year period. The Commission's charitable partner, Tidewater Youth Services Foundation, will raise and contribute the matching funds. **To make a donation, please contact jmartin@tysfoundation.org.** To learn more about the TYS Foundation, visit www.TYSFoundation.org.

Who will facilitate the groups?

Girls Circle is facilitated by highly skilled counselors of Tidewater Youth Services Commission who have been trained in the Girls Circle model and are proficient in Motivational Interviewing and Strength-Based Practices.

Where will groups be held and how long do they last?

Girls Circle is conducted in twelve-week closed cycles, with meetings taking place once per week for two hours. Various locations will be used for group meetings. If needed, transportation may also be provided.

Are there any volunteer opportunities with Girls Circle?

Yes, guest speakers and arts and crafts volunteers are used to enhance Girls Circle. Women's groups can provide support through activities, mentoring, community service, and role-modeling. For more information on how you or your group can get involved, contact Jeannie Martin at jmartin@tysfoundation.org.