

sign up now for the upcoming round of

# GIRLS CIRCLE

focus: Body Image

FREE 8-week  
group for  
ages 12-18

Wednesdays  
3:30-5:00 PM  
via Zoom

group runs 30  
April - 18 June

new group  
beginning  
April 30

open to folx  
from all  
islands



(see next page for  
more details)

# Girls Circle is a structured place where teens can

- talk about experiences •
- listen to & support one another •
- develop solid relationships with self & peers •
- broaden definitions of beauty & womanhood •
- voice their ideas & opinions in a safe environment •
- use authentic voices •

through activities such as expressive art,  
mindfulness practices, & reflection

sign up using this link or QR code

<https://tinyurl.com/girlscircle2025>



for more info contact  
Alyssa Shallanberger, M.A.  
[DOH.CAMHD.groups@doh.hawaii.gov](mailto:DOH.CAMHD.groups@doh.hawaii.gov)

**808-861-2755**