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 <mark>all</mark> islands

(see next page for more details)

Girls Circle is a structured place where teens can

· talk about experiences ·

 \cdot listen to & support one another \cdot

 \cdot develop solid relationships with self & peers \cdot

 \cdot broaden definitions of beauty & womanhood \cdot

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 <u>https://tinyurl.com/girlscircle2025</u>



for more info contact Alyssa Shallanberger, M.A. DOH.CAMHD.groups@doh.hawaii.gov

808-861-2755

This group is a model of One Circle Foundation. One circle Foundation promotes resiliency in children and youth, families, adults, and communities by offering circle program 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. www.onecirclefoundation.org