

**Other Programs Provided by the
REACH (Youth Services) Division:**

- ❖ *Juvenile Supported Case Management*
- ❖ *Family Solutions Program*
- ❖ *Girls Circle & Boys Council*
- ❖ *Aurora House*
- ❖ *Transitional Housing/Rapid Rehousing for Youth*



For more information about
The Girls...Moving On
Program
please contact:

Elizabeth Freiburger
Girls Circle Lead Facilitator
1570 Buffalo Ave
Niagara Falls, NY 14303

Phone:

716-285-3403 Ext. 2253
(716) 990-8101

Email:

efreiburger@CommunityMissions.org

Girls...Moving On

Created by Orbis

**Operated By:
Community Missions, Inc.
Youth Services Division
1570 Buffalo Ave
Niagara Falls, NY 14303**

Phone:

(716) 285-3403

Fax:

(716) 285-4657

A program of:

**Community
Missions**
OF NIAGARA FRONTIER, INC.

Mission Statement:

Our **purpose** is to help girls increase their motivation and provide them with new skills and personal resources.

The objective of the interventions are to increase the girls' supports and help them form empathic and healthy relationships in order to create a new vision of their future, while addressing issues of trauma and building communicational skills and coping skills.

Our **goal** is to create safe, culturally competent, strength-based, and trauma-informed environments to honor girls' development and to enhance girls' abilities, so they can take full advantage of their talents, career pursuits, potential for healthy relationships, and creating a positive future.

Program Length:

- ❖ There are five topics that Girls...Moving On covers. These topics are called Modules.
- ❖ With each Modules the group will meet 5 individual times.
- ❖ Each meeting is two hours.
- ❖ The girls can join or leave at the start of each new modules.
- ❖ There will be an assessment completed with each intake and discharge.

According to Orbis, researchers have discovered that many of the high-risk behaviors exhibited by girls and young women appear grounded in childhood trauma and exposure to relational violence.

This program is to work with girls to expand their capacity to engage in mutually supportive and caring relationships. With the skills necessary to build healthy connections, girls can develop safe relationships and access resources that promote new opportunities for the future.



Girls...Moving On is based on:

- ❖ Building healthy relationships
- ❖ Being strength based
- ❖ Being trauma informed
- ❖ Being respectful of other differences
- ❖ Working collaboratively to build self-efficacy.
- ❖ Promoting relationships to facilitate personal growth.
- ❖ Providing supports to allow continuous services once Girls...Moving On is completed.
- ❖ Evaluations to show feedback and evidence-based success.

Program Strengths:

Girls...Moving On engages with girls ages 12-21 to create positive social interactions while forming healthy relationships, expand personal and social resources that build resilience and lessen the likelihood of engaging in high-risk or criminal behavior.



Some topics discussed in
Girls...Moving On.

- **Listening and Being Heard**
- **Building Healthy Relationships**
- **Expressing Emotions**
- **Making Connections**
- **Making Healthy Choices**