

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

- ❖ *Juvenile Supported Case Management*
- ❖ *Family Solutions Program*
- ❖ *Aurora House*
- ❖ *Transitional Housing/Rapid Rehousing for Youth*



**Additional Services Provided by One Circle Foundation:**

- The Council for Boys and Young Men
- Women's Circle Curricula
- La Mariposa (Spanish Version of Girls Circle)
- Pride Circle (LGBTQ+ youth & their allies)
- Unity Circle (Mitigating gender and racial bias)
- Mother-Daughter Circles

For more information about  
Girls Circle Program  
please contact:

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*A program of:*



### Mission Statement:

**Girls Circle** promotes resiliency and healthy relationships in pre-teen and adolescent girls, and young women.

Our **purpose** is to encourage the development of strength, courage, confidence, honesty, and communication skills for all girls.

Our **goal** is to create safe, culturally competent, and trauma-informed environments to honor girls' development and to enhance girls' abilities, so they are able to take full advantage of their talents, academic interests, career pursuits, and potential for healthy relationships.

#### **Program Length:**

- 3 cycles throughout the academic year
- 8-12 sessions per cycle
- One group per week

#### **Niagara Falls City Schools Involved:**

- Niagara Falls High School
- Gaskill Preparatory School
- LaSalle Preparatory School
- Hyde Park Elementary School
- Harry F. Abate Elementary School

### **History of One Circle Foundation:**

Girls Circle was created in California during the mid 1990's.

The program is an evidence-based program designed to provide support for girls to promote positive connections and skill training for personal and collective strengths.

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*"Girls Circle meant a lot to me. It taught me not to try and forget the past but learn from it. It also taught me to cherish my life and not to focus on the thing in my past that I can't change. Everyone in Girls Circle is like a family, and if I didn't have Girls Circle, I would be devastated." - Member testimony*

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#### **Funding Information:**

The program administered by Community Missions is funded through a 21<sup>st</sup> Century Grant, awarded to the Niagara Falls City School District through the Department of Education.

This grant offers the ability to provide academic, social-emotional, and mental health counseling through before and after school programs.

### **Program Strengths**

- Girls Circle engages with girls ages 9-18 to create positive social interactions while building awareness of their social emotional needs.



#### **Some topics discussed in Girls Circle:**

- Healthy Relationships
- Individuality
- Being A Girl
- Anger Management
- Body Image
- Friendships
- Diversity
- Path to the future
- Gender issues
- Values
- Conflict resolution
- Identity
- Coping Skills