sign up now for the upcoming round of

GIRLS CIRCLE

focus: body image

FREE 8-week group for ages 12-18

Thursdays
3:30-5:00 PM
via Zoom

new group beginning 30 November

open to folx from all islands

group runs 30 Nov – 18 Jan

(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/GrlsGrup





for more info contact Spencer Choy, PhD



DOH.CAMHD.groups@doh.hawaii.gov

808-769-1449

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