

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