



## MENTOR LED SUPPORT GROUPS FOR GIRLS

Circles of Power, a girls group talking circle, is a mentor led support group created to usher girls through the ages of 11-15 by providing scaffolding, support, connection, and a safe space to explore who they are becoming as young women. Mentor Karina Brossman, of True Voice Mentorship, will lead your daughters in a circle with time for teaching and discussion with 5-10 peers. The circles run twice a month for 90 minutes starting January and culminate in an end of school year celebration in June. These circles create a safe space to explore monthly topics consistent with issues adolescent girls face during these years. Through yoga and mindfulness practices Karina will guide the girls through body, breath, and heart connection awareness. The girls will discover their authentic selves through self-exploration in a safe environment. Through improv and other activities Karina teaches and models effective interpersonal skills including conflict management amongst the girls to cut down on girl on girl aggression inside and outside of the circle. They will experience the unique opportunity to connect deeply with their peers about issues that matter to them setting them up for success in middle school and beyond!

**To Sign up Contact Michelle Acquavella at**  
**[michellelouise1973@gmail.com](mailto:michellelouise1973@gmail.com)**

**For more information about Karina Brossman:**  
**<http://www.truevoicementorship.com/mentors/>**

## CIRCLE OF POWER GIRLS GROUP MISSION:

- Provide a path for girls to feel a part of something bigger than themselves
- Give girls the sense of giving back to others by supporting their peers
- Model how to create a safe space that allows them to connect deeply with other girls
- Give the girls the tools and space to discover their authentic selves in a supportive and safe environment
- Foster interpersonal skills and conflict management amongst groups of girls to cut down on girl on girl aggression
- Explore issues the girls care about and are curious about