GIRLS CIRCLE EMPOWERMENT PROGRAMMING

Presented By:
ywca
eliminating racism empowering women
Glendale

ywca
eliminating racism empowering women
Pasadena-Foothill Valley
MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER
TARA PETERSON

YWCA Glendale is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

YWCA Glendale's purpose is to ensure the health, safety, and economic empowerment of women, children, and families and to strengthen communities to prevent and break the cycle of domestic violence.

Welcome to the YWCA's Girls Empowerment Programs. We're excited to welcome back families who shared some memorable moments with us this summer, in addition to welcoming those new to the YWCA. Despite the challenges we have faced and continue to face this year, we look forward to continue providing a community for women and girls.

Our program lifts up youth development, healthy living and social responsibility. Our youth programs, as part of the YWCA, reflect these values and are designed to help our campers grow physically, mentally, and spiritually within an exciting environment.

We are committed to providing your child with a rewarding and memorable experience while empowering girls to dream big. Our staff is trained to display and encourage the values of compassion, respect, honesty and responsibility throughout the daily activities and workshops of the Girls Circle curriculum.

Whether you are new to the YWCA Girls Empowerment Programs or already part of the YWCA family, we are pleased to welcome you to the 2020-2021 program.

With gratitude,
Welcome to the YWCA!

Welcome to the YWCA's Girls Empowerment Programs! Despite a challenging year, our Girls Empowerment Programs will continue to provide a judgement free space for all girls after school in the 2020-2021 academic year. Our programs will provide the opportunity for girls to give and receive support from their peers and build community through creating bonds across difference.

Girls Circle

The Girls Circle model is a structured support group for girls and youth who identify with female development, and integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths in girls. Girls Circle is listed on SAMHSA's national registry of evidenced based programs.

Girls Circle will engage students in active discussions and activities that are focused on encouraging self expression and speaking up among peers.

- **Start Dates:** September 8th & 10th
- **Time:** 3:30PM-5:30PM
- **Format:** Virtual via Google Meet
- **Audience:** Girls ages 12-15 of Glendale Unified School District & Pasadena Unified School District and surrounding neighborhoods

Glendale Circle

The Glendale Girls Circle is excited to host students each Tuesday from Glendale Unified School District and surrounding neighborhoods beginning September 8th.

- **September:** 8th, 15th, 22nd, 29th
- **October:** 6th, 13th, 20th, 27th
- **November:** 3rd, 10th, 17th
- **December:** 1st, 8th, 15th
- **Google Meet Link**

Pasadena Circle

The Pasadena Girls Circle is excited to host students each Thursday from Pasadena Unified School District and surrounding neighborhoods beginning September 10th.

- **September:** 10th, 17th, 24th
- **October:** 1st, 8th, 15th, 22nd, 29th
- **November:** 5th, 12th, 19th
- **December:** 3rd, 10th, 17th
- **Google Meet Link**
Student & Parent Program Guidelines

Our Girls Empowerment Program succeeds when all girls succeed! Student participation is vital to all girls connecting and making new friends during this challenging time. Guidelines below to get the most out of the program.

01 STUDENT PARTICIPATION

Due to the virtual nature of the program, all students are encouraged to participate with one another in both audio and video for workshops, just like in real life! For any students that feel uncomfortable, parents can leave a note for the instructors. The YWCA is a judgement free and safe space for all girls to connect.

Please Note: Students will not be contacted by non-YWCA staff outside of the hours of the youth program unless specified as a program partner involved in homework help, mentorship opportunities, or S.T.E.A.M. workshop events.

02 PARENT PARTICIPATION

Although parents will not be joining in the girls' workshops, parents are encouraged to become YWCA advocates and part of our community. In addition, any feedback provided will support the YWCA's mission to continue providing Girls Empowerment Programs in our community!

For security purposes, please do not share the calendar with live meeting links with any unregistered students & parents. Students' internet use will be monitored by parents and guardians in their household during YWCA programs.

03 YWCA STAFF AS VIRTUAL FACILITATORS

The virtual nature of the program does not change the YWCA's staff supervision and student behavior policies. YWCA staff will be accompanying students through all workshops including those led by program partners.

Bullying Policy

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen online: through the use of text messaging, direct messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between the programs and be especially hurtful when persons are targeted with meanness and exclusion. At the YWCA bullying is inexcusable, and we have a firm policy against all types of bullying. Our philosophy is based on our mission statement which ensures that every camper is accepted. The staff will work cooperatively with parents, keeping them informed of behavior problems and methods used to teach and guide students toward acceptable behavior.
## GIRLS CIRCLE: Themes & Topics

All Girls Circle groups from 3:30PM-5:30PM will include breaks throughout and may be updated based on current events & student engagement levels. Our focus is girls empowerment through having fun! Each day will include a Girls Circle Opening Check-In and discussion topics, in addition to digital games and art & science activities.

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Gender Stereotypes
Body Image & Goals for Healthy Living
Accepting and Affirming Ourselves
How I Communicate
Feuds, Followers, and Fairness
Stress Stories & Becoming Sisters
Celebrating My Whole Self
Communication Skills
Appreciation Ceremony
GIRLS CIRCLE:
At Home Materials

The majority of Camp Rosie workshops can be completed with at home supplies. In an effort to reduce barriers to participation, please reach out to the YWCA in the event your camper is in need of any supplies to participate in Camp Rosie. Students will be able to participate on a phone, computer, or tablet with an internet connection. For art and science activities, students will be utilizing general materials that can be found at home in addition to no cost digital and software tools.

INTERNET ACCESS INFORMATION

The virtual nature of the program does not change the YWCA's dedication to decreasing barriers for all participants. For families in need of connecting to stable, low to no cost internet please see the information below:

Comcast will offer free Internet during COVID-19 crisis:
- Comcast will be making Xfinity Wi-Fi Network free nationwide, offering unlimited data for free, ending disconnections and late fees. Learn more here: https://corporate.comcast.com/covid-19

Spectrum is offering free internet for students. Learn more here:

Certain families in L.A. County qualify for free internet services during the pandemic to accommodate online learning. To learn more information: Fox LA News