

EM-POWER PATHWAYS FOR CHANGE SUPPORT CIRCLES:

About The Circles:

- Community Violence Solutions will use the One Circle curriculum to provide support groups to women and girls receiving our services.
- These circles will happen weekly for 10 sessions
- participants will engage in discussions and creative activities centered on
 - Self care
 - Relationships
 - Clarifying purpose/goal setting
 - Navigating conflict
 - Professional skills
 - and more

Girl's Circles:

- Girls aged 9-18 are eligible
- Circles promote positive connection, competence, strengths

Women's Circles:

- Women 18+ can participate
- Space for women to share, build and explore skills
- For women in school, careers, caregiving/homemakers, recovery programs, etc.

CONTACT US TO REGISTER:

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