

# Girls

## Girls Circle Groups are:

- ◆ Confidential
- ◆ Non-judgmental
- ◆ Supportive
- ◆ Self-governing
- ◆ Diverse
- ◆ Non-intrusive
- ◆ Self-paced
- ◆ Inspiring
- ◆ Creative
- ◆ FUN!



**Crime Victims Assistance  
Center, Inc.**

377 Robinson Street  
Binghamton, NY, 13904



# Circle

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Phone: 607-723-3200  
Crisis Line: 607-722-4256  
Text: 607-725-8196



## Find Your Girl Power!

Come and join us at Girls Circle! Girls circle is a fun way to communicate with other young women who are going through the same (yet different) things that you are.

Girls Circle is for young women ages 12-18 who may want to get a different perspective, find out some new things about yourself and other women around you. You may be surprised what you find!

## Group Discussion Topics

- Healthy Relationships
- Body Image
- Goal Setting
- Friendships
- Assertiveness
- Communication
- Mandala (art) making
- Stress
- Sexuality/Gender
- Mother/Daughter Relationships
- Girl-friends vs. Girl-fights
- “Where I’m going”
- “Songs About Me”
- Negative Self Talk
- Relationships with Authority Figures



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