

Colusa County Girls Circle & Boys Council

Sponsored by
 COLUSA COUNTY PROBATION
 532 Oak Street
 Colusa, CA 95932



Strengths-Based Gender Responsive Programs for Girls & Boys that Empower and Unite

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El Consejo de los Muchachos y El Circulo de Jovencitas, son grupos estructurado de apoyo para los muchachos y muchachas adolescentes que residen en el Condado de Colusa. Estan disenado para crear autoestima, ayudar a los jovenes y jovencitas mantener conexiones autenticas con sus companeros y otros adultos en la comunidad. Los grupos permiten un lugar seguro para compartir sus sentimientos verbalmente y de forma creative para que obtengan un entendimiento mas profundo de si mismos y de los que los rodean. Se habla y discute variedades de problemas de los adolescentes.

Si tienen preguntas sobre los grupos o la participacion por favor de llamar a Sarah Regnani al (530) 701-6475.

Youth who have participated say...
 "I like that I could trust people here."
 "I've noticed I've become a more open person."
 "I learned more about myself."
 "I learned how to communicate."
 "I learned to trust people."
 "I have become more confident."



Colusa County Girls Circle and Boys Council average 180 students (18 groups) that are serviced throughout the school year. During groups, students take part in many activities but the most rewarding for all is the pro-social trips that are taken at the end of the year.

These are a few students and pictures of what the County of Colusa Girls Circle and Boys Council have experienced.



The Boys Council and Girls Circle are 2 of 3 group models that have been established by the One Circle Foundation.

The One Circle Foundation is a 501 © 3 organization promoting resiliency in children and youth, families, adults, and communities by offering circle program models that create, restore and sustain healthy relationships. One Circle Foundation recognizes that healthy relationships are the core element to a healthy individual, family, society and world. Since 1997, the One Circle Foundation has been providing training, materials, and consultation to organizations locally and internationally.

EVIDENCE-BASED PRACTICES

The gender-responsive circle models and interventions are designed in evidenced-based principles and practices, incorporating:

- *Motivational Interviewing
- *Strength-Based approaches
- *Cultural Responsivity
- *Trauma-Responsive practices

THE MODEL AND SOLUTIONS:

- *Target Resiliency and Protective Factors
- *Increase Engagement, Self-awareness and Emotional Regulation
- *Promote Moral Reasoning, Stimulate Critical Thinking
- *Develop and Strengthen Healthy Relationships
- *Leverage Empathy to Solve Bullying

Girls Circle is recognized as a "promising approach" by the office of Juvenile Justice and Delinquency Prevention. To read on the research and outcomes, visit

www.OneCircleFoundation.org/Research.aspx



This is a structured, researched based, gender relevant support group that promotes boys' natural strengths, and increases their options about being a male in today's world.

- *Boys Council Challenges myths about how to be a "real man"
- *Engages boys in activities, dialogue, and self-expression to question stereotypical concept.
- *Increases boys' emotional, social, and cultural literacy by promoting valuable relationships with peers and adult facilitators
- *In a safe action oriented context, boys learn to identify the positive and not-so-positive definitions about being a male
- *Helps boys in learning self-expression, skill building, safe, positive strong and diverse identities

Boys Council encourages understanding and critical thinking skills, pride, unity and a positive regard for diversity as boys grow toward manhood.

If you would like to refer a teen or are interested in hearing more about the program, please call Facilitator, Sarah Regnani at (530) 701-6475.



This structured, researched based, group that promotes an emotionally safe setting while developing caring relationships and enhancing self-respect, self-esteem and self-confidence.

- *Enhances judgment and critical thinking skills
- *Helps girls stay true to themselves and value their perceptions
- *Assist girls in making wise and healthy choices and decisions
- *Broadens definitions of beauty and womanhood
- *Maintains authentic connection with peers and adults
- *Gives them opportunity to voice their ideas and opinions in a safe environment
- *Teaches girls to respect themselves and others

The Girls Circle does not aim to provide advice, but to encourage girls to share and learn from their experiences. By examining cultural expectations, in a safe and supportive setting, gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interests and talents.

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