

The place to turn in times of need

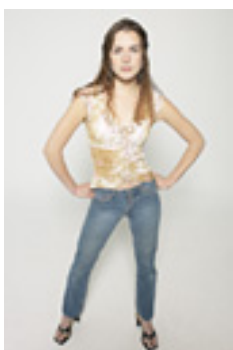


## CCAP's Youth Success Girls Circle Group

CCAP's Youth Success Program is pleased to announce a ten week Girls Circle group. This curriculum based group will focus on improving self body image, healthy friendships and relationships, decreasing substance use, STD prevention, and building self confidence.

### Date and Topics

- February 15—Friendships and Bonding- Creating group guidelines poster
- February 22—Communication Skills and Dealing with Authority Figures - Continuum of behaviors role-plays, and discussion
- February 29—Being the “Queen of your Own Body”-Sexuality- Writing exercise, discussions and role-play
- March 7—Dating Violence/Abusive Relationships- Discussion and Journal Writing
- March 14—HIV Prevention-Staying Safe, Staying HIV-Free- HIV Transmission Game, Discussion and Tug-of-War Game or Tug-of-War Poster
- March 21—Teen Drug Use and Abuse- Group Discussion and Life Maps
- March 28—Body Image- Discussion, Magazine Collage, and Characteristics List
- April 4—Stress and Stress Management- Discussion, “Symphony of Stress” Role-Play Improvisation, Breathing Relaxation Exercise, and Coping Cards
- April 11—Goal Setting- Part One- Discussion and Path/Bridge Activity. Goal Setting-Part Two/Action Plan for Support- Climbing the Mountain Activity, Circle of Support
- April 18—Wrap up and Closure/Appreciation Ceremony- Sharing of Circle Experiences, Frame Making to include group picture or poem, Decorating Bookmarks, Appreciation Ceremony



**All groups will be held at CCAP's Cranston Youth Center  
656 Park Avenue, Cranston from 11:00AM to Noon.  
Food and refreshments will be served after each group.  
For more information and to register call Michele 562-  
2274 or Ann 562-2265.  
Registration is Limited  
Incentives for completing the group will be provided.**