

Building Resiliency in Girls

The Elizabeth Fry Society of Peel Halton

Building Resiliency in Girls is a gender-responsive prevention/intervention based program that serves to address the social, emotional and cultural needs of adolescent girls. The program aims to respond to issues such as social isolation, violence, poor self-esteem, distorted body image as well as high-risk behaviours. Central to the program is the provision of a safe space in which girls' voices can be heard. The topics covered in group largely depend on the needs of the participants and for that reason, the content of each individual group can vary significantly. Topics that can be addressed in the program include (but are not limited to): Identity, Diversity, Body Image, Self Esteem, Communication, Peer Relationships, Bullying, Media Literacy, Substance Use, Coping Skills as well as Goal Setting and Striving. The program will utilize Girls Circle - a model of structured support groups - as a means of equipping girls with the skills to endure struggle, adjust to change and cope with hardship.

What is Girls Circle?

Girls Circle, which was developed by One Circle Foundation, is a trauma informed and culturally competent supportive group model for girls that is designed to build self-esteem, foster pro-social behaviours, develop personal and collective skills, establish meaningful relationships and cultivate a healthy female identity. The Girls Circle model embraces diversity and encourages girls to celebrate what makes them unique! This structured support model counters social isolation by providing youth with a safe and confidential space in which they can share their personal experiences and express their emotions through a variety of ***guided discussions and creative activities***.

Structure of Groups

Groups generally consist of between 8 - 12 weekly sessions that run approximately 1 to 2 hours in length. A trained female facilitator guides discussion, leads activities and supports the girls throughout their individual introspective journeys. There is no fee for the program - the facilitator will provide all of the necessary supplies for each session at no cost. Group participants are required to complete a pre and post group survey in order to report the success of the program to our funders.

Who Should Participate in the Building Resiliency in Girls Program?

The program is available to adolescent girls residing in the region of Peel and the town of Milton. Whether there are signs or not, all girls are at risk - every girl experiences some degree of hardship, marginalization as well as socio-cultural stress. Please consider the Building Resiliency in Girls program for all girls between the ages of 12 through 18 (Gr.7 - Gr. 12).

If you have any questions please contact the Building Resiliency in Girls Facilitator at (416) 627-3701.