

# Girls Circle: How Girls Grow!



Girls Circle is a structured support group for girls ages 9–18 years.



The Girls Circle does not aim to provide advice, but **encourages girls to share experiences that are helpful to one another**. To participate, girls need to only have the desire to show up and participate with topics/activities of the Girls Circle's choosing.

[Stopdvsa.org/girls](https://stopdvsa.org/girls)

**The goal of Girls Circle is to design and foster strength and resiliency by connecting with other young women** within your community/spaces by sharing different experiences and stories related to activities and topics chosen by the facilitator or circle members. These circles aim to build skills, challenge trends toward self-doubt, and to allow for a genuine and safe place to express yourselves verbally or creatively.



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