



**Who:** High School Girls

**When:** Every Tuesday or Thursday  
3pm – 5pm  
Refreshments will be served

**Where:** Tirrell Building, Room 7101  
Norwich Free Academy Campus

**This is a Free Program**

**What is Girls Circle:**

Girls Circle is a structured program designed to foster self-esteem, help girls maintain authentic connections with peers, parents, and adult role models in their community, counter trends toward self-doubt, and allow for genuine self expression through verbal sharing and creative activity.

Each week, a group of 10 to 12 girls will meet with a facilitator for 2 hours. During this time the girls will take turns talking and listening to one another about their concerns and interests. Each session will also include an activity such as role-playing, journaling, crafts, as well as community projects. Girls will focus on themes that relate to the girls' lives such as friendships, body image, goals, and decision-making.

**To Register or For More Information Contact: Kay  
Eyberse @ Norwich Youth and Family Services 860-  
823-3782**

**This program is sponsored by Norwich Youth and Family  
Services and Norwich Free Academy's Project Outreach  
Program.**