NEWS RELEASE
March 22, 2013

Girls Circle Returns to the Abel Maldonado Community Youth Center in April

The Police Activities League (P.A.L.) is starting the next topic in a program geared especially for teenage girls between the ages of 12 and 17. Girls Circle aims to provide girls with a chance to encourage and help each other by sharing their experiences.

The topic of this spring’s Girls Circle is Body Image and is scheduled to start Wednesday, April 10. The group will meet for eight weeks every Wednesday from 4:00 pm to 6:00 pm at the Abel Maldonado Community Youth Center. The program is free and registration is required.

Girls Circle is a program of One Circle Foundation and is a support group program just for teenage girls. Group session topics range from relationships with peers and family, self-image, physical and mental well-being, goal-setting, and self-expression. Each structured meeting incorporates topic-specific activities where girls are encouraged to express themselves and relate to other girls in the group. Girls Circle aims to counteract social and personal forces that bring teenage girls down by promoting a safe setting and structure within which girls can develop caring relationships and use their own voices.

Questions may be directed to the Recreation and Parks Department, 925-0951 ext. 252.

Department: Recreation and Parks Department
Contact Person: Dennis Smitherman, Recreation Supervisor
Telephone Number: (805) 925-0951 ext. 263
E-mail Address: dsmitherman@ci.santa-maria.ca.us