



## After School Activities for Winter 2013

City of Santa Barbara Parks & Recreation is now offering!!!

### Mindful Me SB Girls Circles (Ages 9-15)

The Girl's Circle model is a structured support group and is designed to increase positive connection, personal and collective strengths and competence in girls. Allows girls' to develop caring relationships and use their authentic voices.

Circles meet for 8 consecutive weeks at the Carrillo Recreation Center.

Cost: \$200 / \$182 (non-resident / City Resident)

For more Information please call (805) 284-6762 or [karin@mindfulmesb.com](mailto:karin@mindfulmesb.com)

#### **Being A Girl, Ages 11-13**

**Code: 17169**

**Facilitator: Karin Durflinger, M.A. Depth Psychology**

Introduces girls to the positive experience of a peer circle. Addresses topics such as; body image, goals for healthy living, growth, and self-care. Discusses different types of relationships and female role models. Encourages creativity through activities including journaling, collage, affirmations, and other theme-related crafts. Great for middle-school girls!

#### **Expressing My Individuality, Ages 11-15**

**Code: 17302**

**Facilitator: Karin Durflinger, M.A. Depth Psychology**

Explores topics such as celebrating individuality, diversity, getting along with others and addresses goals, conflict styles, feeling good about ourselves and taking time to relax. Activities include values exploration, "How Others See Me," making dream catchers, potting a plant and culminates with a girls' compliment circle. A variety of topics and activities for middle and high school girls!

#### **Friendship, Ages 9-12**

**Code: 17168**

**Facilitator: Karin Durflinger, M.A. Depth Psychology**

Encourages girls to share thoughts, feelings, and experiences about friendships. Celebrates their accomplishments, attributes, and talents as they learn that being a good friend to someone requires that they appreciate who they are first. Develops a greater awareness of what it feels like to be included and excluded from peer groups. Builds better skills in dealing with peer situations. Promotes thinking about what qualities make good friends. Helps girls learn to appreciate different personalities in friendships. A great circle for understanding what the meaning of true friendship is all about!