

Middle School
Girls: October
17th- 20th 5-8PM

High School
Girls: November
7th-10th 5-8PM



Inner Circle Girl's Group (ICGG) is an educational and art making group focused on providing education to middle school and high school age girls on trauma, resiliency, and coping skills. The group also focuses on how to create and maintain healthy body boundaries, regulating emotions and provides a networking opportunity for participants to have a peer support system. Each participant will receive an art kit at the beginning of the group and will be provided new art materials during each group session attended. ICGG is not a replacement for individual trauma therapy services, but is meant to be an additional group support for teenage girls who have experienced trauma. All sessions are guided by a bilingual Child & Family Advocate. Sessions and supplies are provided free of charge.

We will meet at the Adams County Children's Advocacy Center at 224 Baltimore St. Gettysburg. *Participants are encouraged to attend each session in person, but may attend virtually after the first session if transportation is a concern (on a case-by-case basis).*

Middle School Girls meet October 17th - 20th, 5:00pm - 8:00pm

High School Girls meet November 7th – 10th, 5:00pm – 8:00pm

For more information, please contact the Adams County Children's Advocacy Center at 717-337-9888 or Karina Padilla at kpadilla@kidsagaincac.org Jackie Hendricks at jhendricks@kidsagaincac.org



Q&A

Does she have to talk about what happened? Your child will never be asked or be encouraged to talk about their trauma during the group. The group is designed to be a fun, interactive learning experience with an art making component and a heavy emphasis on safety. However, should your child want to talk about their trauma, the group is led by a bilingual Child & Family Advocate that is trained to listen to, validate and provide support if needed.

What are the Covid-19 precautions and plan? – At this time, masks are not required, however; that may change. Should the pandemic inhibit the group's ability to offer in person meetings, all sessions will be transitioned to virtual.

Who Can Participate?

- Middle School and High School females (LGBTQIA+ Friendly)
- Sexual abuse/harassment survivor (self-identified, alleged or confirmed)
- Concerns with child exploitation/trafficking
- Challenging family dynamics
- Currently involved in toxic/unsafe relationships (romantic or other)

FOR PROFESSIONALS

This innovative program was designed by **Adams County Children's Advocacy Center** as a TF-CBT psychoeducation group with art and mindfulness activities. The lessons utilize five of the TF-CBT components, including psychoeducation, relaxation, affective expression and regulation, cognitive coping and processing, and education. The first half of the session combine a mindfulness practice with the TF-CBT relaxation component. The second half of the session is an art activity that directly relates to the topic discussed.

The sessions are designed to be independent of each other to foster equal footing for participants that experience absences. The purpose of this group is to support other therapeutic services provided with other mental health professionals. Via successful participation in the group, girls will demonstrate increased understanding of trauma and its effects, increased self-esteem, and increased social functioning.

ICGG is not a replacement for individual trauma therapy services but is meant to be an additional group support for teenage girls who have experienced trauma. It is strongly recommended that referrals already be in individual therapy or have already gone through therapy services with a master's level provider.

