

SPRING
2023



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.

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.

Each participant will be provided the necessary art supplies.

All sessions are free of charge.

ICGG meets at The Adams County Children's Advocacy at 224 Baltimore Street, Gettysburg. *Participants are encouraged to attend in-person, but may attend virtually after the first session if transportation is a concern (case-by-case basis).*

Middle School Group: March 13th - 16th | 5:00pm—7:30pm

High School Group: April 17th - 20th | 5:00pm—7:30pm

For more information or to register, contact:

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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 who is trained to listen to, validate, and provide support to your child as needed.

What are the Covid-19 precautions? At this time, masking is not required; however, that may change. Should the pandemic inhibit the group's ability to offer in person meetings, all sessions will transition 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 psycho-education 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 combines 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. 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, but is meant to be an additional support for teenage girls who have experienced trauma. It is strongly recommended that participants already be in individual therapy or have gone through therapy services with a Master's level provider.