

Begins Thursday October 3, 2013

Sister Circle is psychosocial group designed to improve the emotional wellbeing of ODU female students of color by connecting them to each other for mutual support and learning. This group provides a safe space to discover and develop one's unique identity and potential. The hope is that as women become more whole, they can use who they are to positively impact other women in their community.



Sister Circle

Group Schedule

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October 3, 2013 3-4:30pm Isle of Wight, Webb	The Real You	We all hide parts of ourselves; wear masks to present a perfect image. But what if we embraced weakness as our greatest strength?
October 10, 2013 3-4:30pm Isle of Wight, Webb	Female Friends	Women can be each other's greatest allies or greatest enemies. Come discuss your experiences with female friendships.
October 17, 2013 3-4:30pm Isle of Wight, Webb	Romantic Relationships	Whether you have a boo or not, you're probably thinking about one. Come explore your wants, needs, and values in romantic relationships.
October 24, 2013 3-4:30pm Isle of Wight, Webb	Beauty	Most would agree true beauty lies within, yet we're still pressured to conform to societal norms. Come learn skills of self-compassion and non-judgment.
October 31, 2013 3-4:30pm Isle of Wight, Webb	Self-care	When the pressure is on and emotions are high how do you nurture yourself? This session will teach mindfulness exercises for overall wellness.
November 7, 2013 3-4:30pm Isle of Wight, Webb	Wrap-up	This session will conclude the series and allow members to reflect on personal growth and create action steps going forward.

Please contact Crista Gambrell to schedule a group screen today: cgambrel@odu.edu or 683-4401.