

Virtual Training *Voices*

DAY ONE

12:00 pm – 12:15 pm	Login & Tech troubleshoot
12:15 pm – 01:15 pm	Overview of the Four Days Creating Gender-Responsive Services for Girls <ul style="list-style-type: none">• The World of Girls• Theoretical Foundation of <i>Voices</i>• Integrating Trauma Services
01:15 pm – 01:30 pm	Break
01:30 pm – 02:30 pm	Four Critical Areas <ul style="list-style-type: none">• Self• Connecting with Others• Healthy Living (Body, Mind, Spirit)• Journey Ahead Using the curriculum
02:30 pm – 02:45 pm	Break
02:45 pm – 03:45 pm	Art of Yoga Overview
03:45 pm – 04:00 pm	Q&A

DAY TWO

12:00 pm – 12:15 pm	Login & Tech troubleshoot
12:15 pm – 01:15 pm	Strategies for Working with Girls <ul style="list-style-type: none">• Self<ul style="list-style-type: none">○ Who am I?○ My Life Story○ Tree of Self-Esteem○ Breaking the Silence○ Me: Inside and Out
01:15 pm – 01:30 pm	Break

01:30 pm – 02:30 pm Strategies for Working with Girls

- Self (cont.)
 - The World Girls Live In
 - Got Power?
 - Support and Inspiration
 - Breaking the Chain

02:30 pm – 02:45 pm Break

02:45 pm – 03:45 pm Art of Yoga
Strategies for Working with Girls

- Connecting with Others
 - Community
 - My Family

03:45 pm – 04:00 pm Q&A

DAY THREE

12:00 pm – 12:30 pm Login and Q&A

12:30 pm – 01:30 pm Strategies for Working with Girls

- Connecting with Others
 - Mothers and Daughters
 - Friendship
 - Dating and Sexuality
 - Social Media and Sexting

01:30 pm – 01:45 pm Break

01:45 pm – 02:45 pm Strategies for Working with Girls

- Connecting with Others cont.
 - Genderbread Person
 - Supportive Relationships
- Teen Equality Wheel
 - Abusive Relationships
- Teen Power and Control Wheel

02:45 pm – 03:00 pm Break

03:00 pm – 03:30 pm Art of Yoga Review

03:30 pm – 04:00 pm Q&A

DAY FOUR

12:00 pm – 12:30 pm	Q&A
12:30 pm – 01:30 pm	Art of Yoga Review Strategies for Working with Girls <ul style="list-style-type: none">• Healthy Living (Body, Mind, and Spirit)<ul style="list-style-type: none">○ Our Bodies
01:30 pm– 01:45 pm	Break
01:45 pm – 02:45 pm	Strategies for Working with Girls <ul style="list-style-type: none">• Healthy Living (Body, Mind, and Spirit) cont.<ul style="list-style-type: none">○ Emotional Wellness○ Alcohol and Other Drugs
02:45 pm – 03:00 pm	Break
03:00 pm – 03:45 pm	Spirituality Strategies for Working with Girls <ul style="list-style-type: none">• The Journey Ahead<ul style="list-style-type: none">○ Crossroads○ Packing for My Journey
03:45 pm – 04:00 pm	Q&A