



## SisterBloom Mentoring Circle

### PROGRAM DESCRIPTION

SisterBloom Mentoring Circle is a peer-to-peer mentorship program designed to connect teen girls and young women in a supportive sisterhood. Through guided group circles and mentoring relationships, participants build confidence, emotional wellness, leadership skills, and lasting connections.

### PROGRAM MISSION

To cultivate confidence, leadership, emotional wellness, and sisterhood in teen girls and young women through structured peer mentorship, healing-centered conversations, and growth-focused workshops.

### PROGRAM GOALS

- Build healthy self-esteem and confidence
- Create safe, supportive peer relationships
- Strengthen communication and leadership skills
- Encourage healthy decision-making
- Reduce isolation, bullying, and negative peer influence
- Provide a safe space for expression and growth

### AGE GROUPS & ROLES

- Little Blooms (Ages 10–13): Mentees building confidence and social skills
- Growing Blooms (Ages 14–17): Both mentors and mentees developing leadership
- Bloom Leaders (Ages 18–24): Young women guiding circles and supporting peers

### PROGRAM STRUCTURE

- 10-month program (September–June)
- Meets twice per month
- Sessions last 60–90 minutes
- In-person or hybrid format

## **CIRCLE THEMES**

- Sisterhood & Self-Love
- Confidence & Body Positivity
- Healthy Friendships & Boundaries
- Emotional Wellness & Coping Skills
- Identity, Culture & Self-Worth
- Goal Setting & Vision Building
- Leadership Development
- Life Skills Essentials
- Community Service Project
- SisterBloom Celebration

## **PROGRAM ACTIVITIES**

- Affirmation circles
- Journaling & reflection
- Creative expression projects
- Real talk discussions
- Mentor–mentee bonding activities
- Wellness check-ins
- Community service initiatives