



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