



SisterBloom Mentoring Circle

PROGRAM DESCRIPTION

SisterBloom Mentoring Circle is a safe, loving, empowering space where teen girls and young women support, guide, and uplift one another through peer-to-peer mentorship.

MISSION

To cultivate confidence, leadership, emotional wellness, and sisterhood in teen girls and young women by providing guided peer mentorship, healing-centered circles, and growth-based workshops.

PROGRAM GOALS

- Build healthy self-esteem and self-love
- Create a supportive sisterhood of peers
- Teach essential life & social skills
- Develop leadership and communication abilities
- Empower girls to set goals and make healthy decisions
- Reduce loneliness, bullying, and unhealthy relationships
- Provide a safe space for healing conversations

AGE GROUPS & ROLES

- Little Blooms (10–13): Mentees learning confidence and social skills.
- Growing Blooms (14–17): Both mentees and mentors.
- Bloom Leaders (18–24): Women guiding circles and activities.

PROGRAM STRUCTURE

- 10-Month Program (September–June)
- Meets twice per month

- Sessions last 60–90 minutes
- Hybrid or in-person format

CIRCLE THEMES

1. Sisterhood & Self-Love
2. Confidence & Body Positivity
3. Healthy Friendships
4. Emotional Wellness & Coping
5. Identity, Culture & Pride
6. Goal Setting & Vision Boards
7. Leadership Development
8. Life Skills Essentials
9. Community Service Project
10. SisterBloom Celebration

PROGRAM ACTIVITIES

- Affirmation Circles
- Journaling & Reflection
- Creative Expression Projects
- Real Talk Discussions
- Mentor–Mentee Bonding
- Wellness Check-ins
- Community Service Projects

TAGLINE OPTIONS

- “Where every girl finds a sister and a safe place to bloom.”
- “Growing girls. Building sisters. Creating leaders.”
- “Because no girl blossoms alone.”