

# One Circle

## Building a Culture of Support

Los Alamos JJAB is partnering with LAB Jiu Jitsu to bring girls and boys in middle and elementary (5th and 6th grade) school a unique opportunity to learn. The group will focus on:

- Positive Communication Skills
- Positive Self-Image
- Respect for yourself, others and the community
- Explore what it means to be a friend



Register at

[www.losalamosjjab.com/events](http://www.losalamosjjab.com/events)

For additional information contact Danielle Sutherland, JJAB One Circle Coordinator,  
[danielles@losalamosjjab.com](mailto:danielles@losalamosjjab.com)  
505.709.5121



Middle School Girls  
Middle School Boys  
Elementary School Girls  
Elementary School Boys

**Wednesdays**  
**January 20th -**  
**March 10th**  
**4:00 - 5:15 pm**

All groups will meet together to share the online Jiu Jitsu instruction with Professor Romero. Following the Jiu Jitsu instruction, One Circle Facilitators will divide youth into 4 individual groups to continue building skills.

