

# One Circle

## Building a Culture of Support

### Does your youth struggle with:

- Peer Relationships
- Positive Self Image
- Positive Coping Skills
- Creating & Completing Goals

These inclusive groups give our youth the space to take a break from their day, express their feelings, and learn resiliency skills. The research-based curriculum is taught by a trained facilitator and allows our youth to explore the meaning of Friendship, Healthy Self Image, Positive Communication Skills, and more. These groups are offered to 5th - 12th graders who live or attend school in Los Alamos.

Register:

<https://www.losalamosjjab.com/events>

For more information please reach out to

Danielle Sutherland,  
JJAB One Circle Coordinator  
[danielles@losalamosjjab.com](mailto:danielles@losalamosjjab.com)

505.709.5121



### High School Girls

Tuesdays  
September 15th-  
November 3rd  
3:30pm-4:30pm

### High School Boys

Wednesdays  
September 16th-  
November 4th  
3:30pm-4:30pm

### Middle School Girls

Wednesdays  
September 16th-  
November 4th  
3:00pm-4:00pm

### Middle School Boys

Mondays  
September 14th-  
November 9th  
3:30pm-4:30pm

