

Resiliency Series for Young Women

Mother Daughter Circle

This eight-week course is dedicated to mothers and daughters and focuses on deepening the bond between them through strengthening positive aspects of the relationship while gaining new skills and commitments. Topics include: Addressing and resolving outdated conflict; Identifying conditioned tendencies that sabotage relationship (habits); Gaining greater appreciation for ourselves as women; Learning to have a centered powerful presence in life; Learning how to face and enter into difficult situations; Increasing awareness of who we are in mind, body, and spirit; Identifying a personal Code of Honor, and Increasing self-respect, dignity, and social power with grace.

During this eight-week course we will be meeting as a group of women once a week as well as individual consultation once a week. All group gatherings will take place at Sandokan Aikido Dojo and individual consultations will be in our KM offices, Historic KM building, downtown Kalispell.

The Mother Daughter Circle has been servicing mothers and daughters since 2004 and is recognized as a successful consultation option by Flathead County Youth Court Services, Department of Corrections, and Youth Service Network of Flathead County.

This program is staggered throughout the year and is limited to 5 young women and their mom's.

Resiliency Circle

This twelve-week course is designed specifically for young women who are struggling personally, socially, and academically and are interested in making new commitments and powerful changes in their life. Throughout the course we address various aspects of psychological and physical changes, critical thinking skills, and social-emotional competency which includes topics such as body image, substance abuse, sexuality, gender differences, culture and ethnicity, relational aggression, life mastery, mind-body-spirit connection, empowerment, personal discipline, and social grace.

The program has three distinct components, each utilizing different modalities. Modalities are designed to align with the ages of the participants. All components interface to create a continuum of care that enhances personal mastery. Each component includes practices of excellence consisting of physical, social, emotional, and cognitive challenges wherein each young woman is taught to initiate, maintain, and transition in relationship in a skillful manner. The components include weekly one-hour workshops, weekly individual consultation, and bi-monthly family consultation.

The Resiliency Circle has been servicing high-risk adolescent women since 2003 and is recognized as a successful consultation option by Flathead County Youth Court Services, Department of Corrections, and Youth Service Network of Flathead County.

This program is staggered throughout the year and is limited to 10 young women per twelve-week course. Age range of participants is 13 to 17 years of age.

Laughter, Sweat, and Tears An Empowerment Workshop for Young Women

This one-day skill-building workshop is tailored to adolescent women who are committed to empowering themselves and gaining tools to develop life mastery. This is a physically active workshop and is meant to engage participants cognitively, interpersonally, physically, and emotionally. It is designed for young women who are serious about being taken seriously, standing up for themselves, feeling strong in life, and learning more about who they are while identifying and strengthening personal and academic commitments.

Workshops are offered throughout the year as well as by direct request. Age range of participants is 13 to 17 years of age.

Two Rivers Healing Arts Theater Project

The Two Rivers Healing Arts Theater Project is dedicated to the enrichment and expansion of the human spirit through the expression of the arts, in this case Theater. The project is the most recent community-healing project envisioned by Two Rivers Center for Holistic Counseling and Healing Arts. Leigh Schickendantz has teamed up with some amazing, dedicated, and bold women who are supporting the project not only with their time and talent but also with their dedication to people in this community. These women are Leah Lindsay, Amy Ponich, Teré Nelson, Joan Schmidt, Lori Madden, and Libby Moothart.

In their highest form, the arts have an inherent power to draw on the meaningful and poignant and to encourage a deeper investigation of how we live our life and how life is living through others in the world. This project is being used as a vehicle to unite, inspire, teach, and empower and it offers individuals into new ways of expression, learning and communing with others.

The project is much more than simply putting on performances for the community. Every aspect of the project is embraced and supported by the vision. There is encouragement to all that participate, to be in the process in a way that is meaningful and impeccable. This is the foundation of the vision.

The women of the core team have been invited to participate and bring their skills to the project with the intention of supporting one another to expand and full fill on personal and professional commitments. The way in which the team works together is geared toward evoking excellence in one another. There is encouragement throughout the process of the project to hold the integrity of the vision. Again, it is not just about producing great performances.

The project also includes Theater Workshops. These workshops are free and open to interested individuals, both adolescent and older. The workshops are geared towards facilitating a sense of empowerment, confidence, vitality, skill full action, and powerful presence. They will be dynamic in nature and will include voice activities, movement activities and conversation. The workshops will take place in the KM Theater and will be offered at various times throughout the year.

There will be many performances that will require auditions from folks in the community. As with the workshops, the auditions will be structured to support individuals in opening to possibilities and stepping more confidently into life.

The Round Table forum will accompany all performances. Round table is tailored specifically for post performance dialogue between our core team, performers and the audience. The round table forum will take place in the Vintage Room at the KM Building with food and beverages. There will also be opportunities for interested individuals to use the Round Table forum to share their professional skills and resources with the community.

In 2005 Two Rivers established a scholarship fund for young women called the “Pay It Forward Scholarship Fund”. The scholarship fund was initially created from one half of all the funds generated by Two Rivers workshops and presentations to professionals who work with at-risk youth. Through collaborative efforts with other providers, additional workshops have been put in place and they too have also supported the scholarship fund. The fund is available to youth for the specific purpose of supporting them in participating in what Two Rivers calls “the Healing Arts”. Including but not limited to sports, music, theater, writing, dance, and voice. One half of all proceeds, after expenses, from this project will go towards the Pay It Forward Scholarship fund while the other half of proceeds will go in a fund dedicated specifically to the future possibilities of this theater project. All of us who are participating in this project thus have an opportunity to touch the lives of the youth in this community in a significant and meaningful way.

Please see our current events page for dates of interest, ticket sale locations, and volunteer opportunities.