



A WEEKEND WORKSHOP FOR TEENAGE GIRLS



BUNBURY – South West Women's Health Centre

19 Fielder Street, Bunbury (PARKING IN PLAZA STREET)

SAT 17th November (10 to 4pm)and

SUN 18th November (10 to 5pm)

Girls Aged
11-14



Includes 2hr
Mother &
Daughter
Workshop

HERE'S YOUR CHANCE TO SUPPORT YOUR DAUGHTER WITH THE PLETHORA OF CHANGES ADOLESCENCE BRINGS

WEEKEND WORKSHOP TOPICS:

- **POSITIVE SELF WORTH**
- **POSITIVE BODY IMAGE**
- **CHOOSING AND MAINTAINING HEALTHY RELATIONSHIPS**
- **SELF HARM REDUCTION**
- **SEX & SOCIAL MEDIA**
- **SELF DEFENCE/AWARENESS**
- **MENSTRUAL HEALTH**
- **STRENGTHENING THE CONNECTION & COMMUNICATION BETWEEN MOTHER & DAUGHTER**

The workshops conclude with a 2 hour Mother/Daughter session that focuses on up-skilling mothers and strengthening communication and understanding, to promote access to conversations that enhance the Mother/Daughter connection

SMALL GROUPS—Maximum of 15 girls (and their Mothers)

COST: \$180 for the weekend (includes Mother's Workshop)

GIRLS TO WOMEN WORKSHOPS

*Upskilling girls and mothers for the teen age. Educating,
empowering and honouring a girls journey into
womanhood.
A rite of passage.*



Government of Western Australia
Department of Local Government and Communities



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FOR MORE INFORMATION & PAYMENT DETAILS
CONTACT ANDREA 0432 024 722

