



A WEEKEND WORKSHOP FOR TEENAGE GIRLS

BUNBURY – South West Women's Health Centre

19 Fielder Street, Bunbury (PARK AT REAR IN PLAZA STREET)

**SAT 1ST DECEMBER (10 to 4pm)and
SUN 2ND DECEMBER (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



**GO TO— "GIRLS TO WOMEN WORKSHOPS" FB PAGE
FOR MORE INFORMATION & PAYMENT DETAILS
CONTACT ANDREA 0432 024 722**

