

# Mother-Daughter Workshops



## *Growing up Female*

- Establish positive body image
- Boost self esteem
- Strengthen the mother-daughter bond
- Address sensitive issues in a safe and uplifting environment
- Teach girls what it *really* means to be female

### Troop Special

\$50 off workshop:

Use code **NCGS14**

when scheduling

**Level 1: 4<sup>th</sup>-6<sup>th</sup> grade girls:** Teach your daughter about body changes and the realities of being female in an uplifting environment with other girls and women. This workshop explores the normal changes that occur in girls as they grow into women, teaches girls how to deal with periods, breasts, and changing emotions, and connects girls and adult women together in a powerful and positive way. Gift for girl and parent education course included.

**Level 2: 6<sup>th</sup>-8<sup>th</sup> grade girls:** This workshop offers girls and mothers a safe haven in the midst of the complexities and struggles of the middle-school years. The session explores and promotes positive relationships (with friends, parents, and boys), healthy and realistic body-image for the teen years (and beyond), opens conversations about sex, and addresses emotional intelligence all in an uplifting safe environment. Gift for girl and parent education course included.

**Level 3: High school girls:** Women and teen girls gather to form a network of support for each other; we share collective wisdom, uphold a healthy image of what it means to be a woman, and open channels of communication between mothers and daughters. The content includes frank conversations about sexuality, love, and relationships. Teen girls and adult women strengthen each other in this open and nurturing environment. Gift for girl and parent education course included.

“My daughter and I attended one of Amy’s workshops and it was an incredible experience for both of us. Amy has a wonderful way of guiding relaxed communication with difficult and uncomfortable issues.” -*Heidi Morse*

“This workshop exceeded my expectations. I hope you are still doing it when my younger daughter is this age; I will be back!” -  
*Kate Jupina*

## Featuring Amy Sluss, RN

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