



## **Invite to A Celebration Day for Girls**

Please join us for this special program. Originally designed by Jane Bennett for both girls and their mothers to share before puberty starts, the workshop eases the transition to puberty and becoming a woman.

It is a warm and welcoming day of craft activities while sharing practical info, giving girls a positive, informed approach to puberty, their menstrual cycle and body image.

It doesn't make them grow up faster, it just helps them feel comfortable with the process!

It's helpful to provide this information and approach to girls *before* they begin their menstrual cycle, while still being worthwhile to offer after they have started. They can then be proud and aware of the changes in their bodies, having the confidence to speak with a trusted adult when they need to.

[Click here](#) for a video and more info about the day.

## **Who is it for?**

10 to 12 year old girls and their mum/female carer, and is also suitable for 9 year old girls who are in the peer group. (It's normal for girls to get their period anywhere between 8 and 16.)

## **Workshop Content**

Topics include signs of puberty, the menstrual cycle and body changes and different energy levels associated with it, menstrual products and women's stories about their experience, giving girls a sense of normalcy in hearing the variety and similarities for each woman. This is woven through the day's activities, so girls can ask questions and discuss sensitive topics without embarrassment.

## **Workshop Structure**

There are two sessions; a 2 hour meeting with the mothers on a weeknight prior to the workshop, and a full day (9.45 to 4.30) on a weekend.

**Evening session for women:** Prior to the full day workshop, this is an important preparation for the day. Not only do we look at the workshop content and discuss your hopes and wishes for the day, you also have space to reflect on your own experiences of puberty and menarche (first period).

**Full day:** You drop the girls off at 9.45am for their morning with Janoel. You then return at 12.45, just before lunch, for the remainder of the day. In the afternoon, women can share with the girls a little about your experiences when you were growing up, so they get to hear how different it can be, but also a common thread between all the stories.

# Times

A weeknight prior to the full day: 7.00pm - 9.00pm Mums/carers only session

A Saturday **or** Sunday 9.45am - 4.30pm Girls-only morning with women joining in at 12.45 for lunch and remainder of the day

# Group size

At least 7 girls and up to 15 girls at the most. This allows for the girls to receive the greatest benefit, so they have a sense of the variety of experiences through the women's stories in the afternoon, but not too large a group that the day feels too busy.

# Venue & Catering

Usually a participating family hosts; this adds to the warm and welcome atmosphere.

We request that you bring food to share. This creates a sense of occasion when we have a feast!

# Cost

Including both sessions, all handouts and craft materials, cost is \$165 inc GST per duo

(Conc for health care card holders, please contact me.) Full payment confirms your place.

# Payment

Direct transfer is preferred (but you can use [credit card here](#) with additional \$5 merchant fee)

**Account name:** Step into Womanhood

In the reference field, please include CDG, the first two letters of your workshop suburb and your daughter's first name (and last name if space allows).

**BSB:** 638 060      **Account:** 1302 1788

I hope I can share this beautiful day with you and your daughter!

Warmly

Janoel Liddy

## Available:

- Organise your own group for a Celebration Day for Girls
- Puberty and well-being education in schools: [www.stepintoliving.org](http://www.stepintoliving.org)
- Mother Daughter Coming of Age Retreats held in Bali, July each year
- Fathers Celebrating Daughters evening program