

# Aboriginal Mothers and Daughters Gathering Program



Aboriginal Mothers and Daughters Gathering is a program which was developed in 2008 by Lee Hagan, former Women's Health Nurse at the Central West Women's Health Centre. The Program was based on a puberty education program used at the Central West Women's Health Centre since 1987, called the *Mothers and Daughters Program*.

Consultations were held with various local Aboriginal women during the development of the program, including grandmothers, mothers, indigenous health, education and welfare workers. Their suggestions, comments, changes and recommendations resulted in the current copy of the program.

Funding was received for the program from the Office for Aboriginal and Torres Strait Islander Health to further research and publish the program, and produce a 'train the trainer' package. The program was presented to the 6<sup>th</sup> Australian Women's Health Conference in Hobart, Tasmania in May 2010.

Ms Nyree Reynolds, an Aboriginal artist, was commissioned by the Centre to do a painting for use on the program cover (pictured left).

The program covers topics related to puberty, basic sex education, 'staying safe' and having some fun in a group setting. It is aimed for girls aged 11-13 to attend with their mothers.

The program also aims to open up communication between mothers and daughters, and allow Aboriginal women to teach their daughters about 'women's business' in accordance with their culture.

To purchase an electronic or hard copy of the program, please complete the order form below. Copies are \$50.00.



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**Bathurst, NSW 2795**  
**Phone: 02 6331 4133 \* Fax: 02 6332 4310**  
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