

MOTHERS & DAUGHTERS

Puberty Matters



SESSION DETAILS

DATES

Each Wednesday for 3 weeks
From 11th – 25th March 2020

TIME

5.30-7.30pm
Light supper provided

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

COST

\$80.00 per pair
(Concession available for
financial disadvantage)

TO REGISTER

T: 6331 4133

F: 6332 4310

E: information@cwwhc.org.au

Supported with funding from
NSW Ministry of Health (WLHD)

Join our three-week course to help mothers and daughters understand and deal with changes that take place during puberty and adolescence.

By learning together, young women (10-12 years) and their Mothers can strengthen their relationship.

Topics include:

- Physical, psychological and emotional changes that take place during puberty and adolescence
- The physiology of menstruation and pregnancy
- Practicing better communication
- Fostering positive self-esteem
- Body image and the impact of the media on girls
- Relaxation strategies for mothers and daughters
- Bullying and cyber-bullying

This course is very popular. Enrolment and payment is required before bookings can be confirmed.

*Grow in confidence
and knowledge*

