

# MOTHERS & DAUGHTERS

## *Puberty Matters*



### SESSION DETAILS

#### DATES

This group runs four times a year on Wednesdays for 3 sessions

#### TIME

5.30-7.30pm  
(Light supper provided)

#### VENUE

Central West Women's  
Health Centre  
61 Boyd Street, Kelso

#### COST

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

#### TO REGISTER YOUR INTEREST

T: 6331 4133

F: 6332 4310

E: [information@cwwhc.org.au](mailto: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*

