



# Growing Up Gracefully

A 2-2.5 hour workshop for Junior Girl Scouts and parents/guardians

Puberty. Your daughter may have many different feelings and LOTS of questions.. Knowing what to expect and how to talk about it can really help. Learning with mom and other friends makes it easier and much more comfortable.

## Girls learn:

- All the physical, emotional and social changes of puberty.
- Helpful ways to manage these changes.
- How to set and communicate boundaries.

## Parents/Guardians learn:

- What to talk about and how to say it.
- How to answer tricky questions.
- How to keep the conversations going.

This interactive workshop keeps the learning fun and relevant with:

Hands on projects

A short video

Separate breakout sessions for girls and adults



*Girls also earn a fun patch!*

**Where:** We come to you! Workshops can be held late afternoon, evening or weekends.

**Fee:** \$45/family (child and one or both parents; additional child \$20)

**Contact the Wright Conversations to schedule a workshop today!**

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**Learn How To Make Growing Up A Positive Adventure**