



Growing Up Gracefully

A Girl Scout Puberty Workshop

A 2.5 hour workshop for Junior Girl Scouts and moms.

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 much easier and much more comfortable.

Girls learn:

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

Moms learn:

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

This interactive workshop keeps the learning fun & relevant with:

Hands on projects

A short video

Separate breakout sessions for moms and girls



Where: We come to you! Workshops can be held at a troop meeting, or on an evening or weekend.

Fees: \$40 for adult and daughter

Contact The Wright Conversations to schedule a workshop today!

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Learn How To Make Growing Up A Positive Adventure