



**MOTHERS,
DO YOU WANT TO HAVE BETTER COMMUNICATION
WITH YOUR DAUGHTERS?**

Seven Oaks School Division Partners in Learning is offering a FREE 8 week program called

“Mothers and Daughters in Touch”

It is designed for mothers and their daughters 9 -11 years of age.

The program uses different activities, some with moms and daughters together, some with them in separate groups. The *Mothers and Daughters in Touch* program focuses on skill building for both mother and daughter.

Some of the information covered will be:

- Learning to hear and respect each others feelings
- Developing strategies to deal with peer pressure
- Learning how to be an approachable parent
- Understanding the meaning of a healthy body image and what contributes to one.
- Gain knowledge and skills to cope with changes during puberty

The weekly sessions are a time for the two of you to have some fun, uninterrupted time together and enhance the mother daughter relationship.

When: Monday, October 1 to November 26th, 2018 6:00 – 8:00 p.m.
(NO Class on Oct. 8th)

Where: RF Morrison school

Cost: A commitment to your child that you will attend all 8 weeks to the best of your ability.

To register or for more information,
please call or email Veronica at 204 586-9716, veronica.thiffeault@7oaks.org or
Cheryl at 204-339-1964, cheryl.rajfur@7oaks.org

The group is limited to a maximum of 16 mother/daughter teams.