



“Embracing Our Daughters”

A 6 week series, that promotes building Healthy Relationships between Mothers and Daughters. They will engage in activities that will allow for expression, encourage well-being and give participants a sense of belonging. Ages 8 and up.

Wednesday Evenings February 6th-March 13th 2019

@ 18 Stoneridge Circle

5:00pm - 7:30 pm

Supper Provided

	Week One February 6 th , 2019	Week Two February 13 th , 2019	Week 3 February 20 th , 2019	Week 4 FEBRUARY 27 th , 2019	Week 5 March 6 th , 2019	Week 6 March 13 th , 2019
Discussion Topic & Speaker 5:30-6:30	Communication, & Healthy Relationships	Taking Care of and Staying Connected to Our Spirit Grandmother Renee Thomas-Hill	Cooking & Nutrition Lisa Dietrich Dietician	Women's Roles & Responsibilities, Basket Teachings Wendy Hill Traditional Elder	Spa Night, Self Care and Stress Relief	Mom & Daughter Date Night
Activity 6:30-7:30	Mom & Daughter Journals	Medicine Pillows	Group Cooking	Canvas Painting	Meditation, Sugar scrubs & Bath Bombs	TBD

SPACES ARE LIMITED

PLEASE CALL AMBER or AVERY TO REGISTER

@ 519 445-2565

