

# GROWING UP WORKSHOP

## MOTHERS & DAUGHTERS CONNECTING



## CLASS INFORMATION

SATURDAY, MARCH 12, 2016

9:00-12:00 | ROOM 120 | \$40.00 PER PAIR

EDINA COMMUNITY CENTER  
5701 NORMANDALE ROAD | EDINA, MN  
CALL (952) 848-3908 WITH ANY  
QUESTIONS

☆ REGISTER ONLINE ☆

[EDINA.THATSCOMMUNITYED.COM/  
SEARCH/GROWING+UP](http://EDINA.THATSCOMMUNITYED.COM/SEARCH/GROWING+UP)

## CLASS DESCRIPTION

Growing up can be exciting, exhilarating, confusing and scary – all at the same time! Join health educators from myHealth for Teens & Young Adults for a fun and informative three hour workshop that will take some of the mystery out of puberty and the questions out of adolescence. Prepare to laugh, create, question, learn and grow – **TOGETHER!**

Girls ages 9-12 and their mother, or other trusted female adult, will engage in fun and thought-provoking activities that help them learn about:

- ☆ Puberty and development in males and females
- ☆ What is normal (and great!) about growing up
- ☆ How to have the best parent-child communication possible
- ☆ How to maintain or strengthen family bonds

Registration is for two attendees—both mother and daughter. Please register with adult name.

The Edina Family Center is proud to offer this program in collaboration with Edina Public Schools