



with

Holmes PTO

Present

What Every Girl Wants to Know

With

Diane Frankel-Gramelis, MS, CCE



Monday, March 7, 2016

7:00 to 8:30 pm

Holmes Elementary School

18 Hoyt Street

Back by popular demand! Diane Frankel-Gramelis, MS, CCE, will lead a discussion for mothers and daughters on the physical and emotional changes of puberty. In a straightforward and entertaining manner, Frankel-Gramelis will teach your daughter what she can expect in the future. This program is not a "sex" talk, but will instead provide you with a starting point for further discussions with your daughter about her changing body. This workshop is appropriate parents and girls ages 9 to 12.

Diane Frankel-Gramelis earned both her Bachelor's and Master's Degrees from Southern Connecticut State University where she is an adjunct professor. Diane is also a health and wellness coach and presents on stress reduction, lifestyle and health-related strategies.

Registration is recommended

www.ywcadarienwalk.org/parent-awareness/489-upcoming-events

(Please note that registration is encouraged so that we may notify you directly about any last-minute program changes or parking information.)

Email programs@ywcadarienwalk.org for questions.