



Growing Up & Liking It!

6:00 - 8:00 p.m.

May Memorial Library

342 South Spring Street, Burlington, NC

Call 227-6900 to be notified of next class date

Every mother wants to be sure her daughter is prepared for all the changes that come with growing up, her first period, and that her child knows she is “available and askable” about all issues.

To help smooth this transition into adolescence, the Women’s Resource Center offers “**Growing Up & Liking It**”, a *free workshop designed for both mothers and their daughters ages 9 - 12. The workshop provides information about the changes that come with puberty and the beginning of menstruation, as well as other physical, emotional, and sexuality issues appropriate for preteens.

The workshop fosters family communication, encourages children to seek sexuality information from their parents, and enables them to learn about, appreciate, and respect their bodies.

***Pre-registration is required.** Due to an increase in demand and to better serve those on our waiting list, a \$10 deposit is required when making reservations. The deposit is refunded to attendees at the session or if you cancel at least 48 hours prior to the workshop. No-show deposits revert to the WRC emergency funds to help families in need. To register, simply call the WRC at 227-6900. Checks, cash or credit cards are accepted. Sessions fill up quickly, so don’t delay reserving your spot.

In order to provide this program to more girls when it is appropriate for their own personal development, we will take advance registrations for future sessions if this date does not fit your schedule.

A program of the

Women’s Resource Center in Alamance County

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