

Mums Raising Teen Girls

The passage from girl to young woman can be challenging, not only for her, but also for you as her mother. The aim of this interactive session is to help you stay connected with your teenage daughter while recognising the reality of her world.

We will discuss:

- The importance of the mother-daughter relationship
- How to be a positive role model for your daughter
- How to better understand the challenges of your daughter's teenage years
- What girls need and how we as mothers can meet these needs in a focused and supportive way

Where: Online Workshop

When: Monday 2 August 2021

Time: 6.30pm - 9.00pm AWST

Cost: \$30 per person

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

Bookings are required. Please phone (08) 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au