

PLANNED PARENTHOOD PROMOTES HEALTHY COMMUNICATION BETWEEN YOU AND YOUR CHILD

COME TO A MOTHER/DAUGHTER WORKSHOP!

PPKM's workshops are designed to increase and improve communication between girls and their mothers, or other central adult females, with regards to puberty, reproduction and sexuality. These one-day workshops are for girls approximately 8-11 years old.

JULY MOTHER/DAUGHTER WORKSHOP

WHEN: Saturday, July 18th 10-2

WHERE: Planned Parenthood
4401 West 109th Street #200
Overland Park, Kansas 66211

TOPICS THAT WILL BE COVERED:

- **Body Image** - Examine the media's images of women. Together, explore ways to counter the negative effects of those images.
- **Puberty** - Learn about the physical and emotional changes that are experienced during puberty.
- **Talking about Sexuality** - Begin communicating about values and sexuality in an age-appropriate manner. Practice communication techniques.

FEES: Donations are appreciated



TO REGISTER:

Call or email Erica Titus at ppkmeducation@ppkm.org or 913-345-INFO by July 15th to register. Workshop is free. Each mother (or central adult figure) and daughter pair will need to bring a sack lunch.

Call 913-345-INFO

 **Planned Parenthood**
of Kansas and Mid-Missouri