



## “Heart of the Matter” Mother – Daughter Circle

### Seeking Mothers/Guardians With Daughters in Grades 4 & 5

#### What is Mother-Daughter Circle?

The purpose of the circle is to promote a healthy and sustaining bond between mothers/guardians and their daughters during the transitional years from girlhood to young womanhood.

This is an opportunity for *ONE daughter & ONE mother/guardian* so they can have the essential one-on-one time to connect.

The Mother–Daughter Circle provides a safe, consistent, and strength based approach to supporting mothers and daughters on their relationship journey. These female-responsive skills and activities will encourage the development of:

Empathy & Understanding

Healthy Communication Skills

Clear & Reasonable Limit Setting

Stress Reduction Skills

Accountability & Ownership Practices

Relationship Success Strategies

Meanings & Messages about Being Female

Celebrating Your Relationship

#### LOCATION:

330 Windsor Avenue Community Center

#### TIME:

5:30pm – 7:30pm. Dinner is provided.

#### DAY:

Thursday Evenings

February 8, 15, 22, March 1, 8, 15, 22, 29 , (make up night April 5)

#### SPACE IS LIMITED

Register online or at the Recreation and Leisure Services Office located at LP Wilson Community Center.

For more information, contact YSB Coordinator, Sarah at 860-285-1990. This program is only \$10 per family.



**Dinner is  
provided  
each week.**