

Come join us in co-creating a Mother-Daughter Group

“Mothers and daughters can do together what one mother alone cannot: create a lively subculture that simultaneously nurtures mothers, girls, and mother-daughter connection.”

- The Mother-Daughter Project

Join with a small group of women to explore how we can help each other nurture our daughters through childhood, adolescence, and into adulthood. The intention of our group is to support each other as mothers, nurture our relationships with our daughters, help them thrive as girls and young women, and welcome them into a community of women. Our goal is for each of us to shine in her own identity, not in any proscribed or limited one. We want our daughters to appreciate their many gifts, learn to use them wisely, and to emerge from adolescence full of their own choices and desires.

As our primary guide, we will use the book, **The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat The Odds, and Thrive Through Adolescence** by SuEllen Hamkins, M.D. and Renée Schultz, M.A. (Hudson Street Press, 2007). We will also draw on the ideas and resources that we each bring to make this project uniquely our own. To start, we will meet as mothers alone for six meetings, then we will add gatherings for mothers and daughters together.

When: Once a month, first meeting:

Where:

Time: Two hours, from _____ to _____

Who: Mothers who have daughters between the ages of _____ and _____

Size: 6 - 8 mothers

Questions? Contact: