

# Celebration Day for Girls™



For girls 10–12 years  
and their mothers

*Thank you so, so, so, so much for last Sunday, and for teaching us all about what is on the road ahead of us. I loved what we made together, and I loved the way you described things in great detail. The workshop was great fun, I can't describe how much!*

— **Jasmin, 11**

*It was such a delight to share Celebration Day for Girls with my beautiful girl and feeling a new dimension emerge in our relating since. So lovely!*

— **Lisa**

*Since Celebration Day Sophie has been so chatty and open – asking questions and talking about the changes and experiences of puberty. I'm so pleased.*

— **Karen**

*Do you remember what your first period was like?  
How would you like this experience to be for your daughter?*

Celebration Day for Girls is a special day for you and your daughter to celebrate the significant threshold of puberty and menarche (a girl's first period).

This mother-daughter workshop prepares you and your daughter with positive information, fun activities and supportive discussions around menstruation.

Celebration Day supports girls to have a positive outlook towards how they look, think and feel at this stage of their lives. Empowering them to be happier, more resilient and confident young women.

**Find out more about upcoming workshops:**



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In 2000, Jane Bennett launched **Celebration Day for Girls**. Its popularity has seen it spread internationally with over 100 trained facilitators in 11 countries. Several thousand mothers and daughters have benefited from **Celebration Day**.

**Educating and Empowering Girls**  
[www.celebrationdayforgirls.com](http://www.celebrationdayforgirls.com)