

# A Celebration Day for Girls

with Jane Bennett

## Brighton

Sunday 4 November 2012

10am–4pm

with a 2 hour mothers session on  
Saturday 3 November

## Nottingham

Sunday 11 November 2012

10am–4pm

with a 2 hour mothers session on  
Saturday 10 November

St John's Church Hall,  
Carrington, Nottingham

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



For Girls 10–12 years old with their mother or female carer

**At the Celebration Day girls enjoy lively discussion, fun activities, women's stories and gentle celebration of the magical threshold of puberty and menarche.**

Celebration and positively presented information around these topics has a profound impact on body image, emotional health and menstrual experiences, which in turn empowers young women in their relationship, fertility and sexuality experiences later on.

While sexuality and contraception are not covered during the **Celebration Day for Girls** there is a connection of course, as menarche is a signpost at the beginning of a girl's fertile years, and the menstrual cycle an intrinsic aspect of her female sexuality. By enabling a healthy and grounded experience of these changes girls' self-esteem and self-awareness is deeply nourished, well before they are involved in romantic or sexual relationships. In this way we can support a physical and psychological integrity that underpins healthy decision making around relationships, sex and fertility when that time comes, as well as other life choices.

The first part of the day is spent with the girls on their own and just before lunch the mothers/female carers will join us for the rest of the day (and grandmothers who are available and wish to participate).

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*"Thank you for giving us the opportunity to share this wonderful day with our precious daughters."*

*"Lucy came home that night and informed her dad and almost-12 year old brother of all the amazing, wonderful things she learned!! I feel there has also been a shift in our mother/daughter relationship. It's like we've been initiated into a special club, exclusive just to the two of us - it's wonderful!"*

*I find women of any age, from girls through to grandmothers, are always interested in hearing positive, unembarrassed information about the amazing processes of the menstrual cycle and enjoy being able to talk about their experiences in a supportive non-judgemental environment. - Jane Bennett*

## And, for Mothers

Given the relatively short time that I can be with the girls there is an obvious limit to what I can cover of this vast, fascinating and vital subject. Much of the role of provider of information, wisdom and guidance will fall, naturally and rewardingly, to mothers and female carers. For this reason we meet on our own for a two hour session before the **Celebration Day**. This is an important preparation for the **Celebration Day** and has ongoing benefits for mothers and daughters.



## For enquiries and registration:

**in Nottingham** contact Johanna Mitchell  
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**in Brighton** contact Collette Nolan  
stardropsandlemons@hotmail.com, 07779 290731

**Cost:** £85 per mother/daughter, £50 low income



**Jane Bennett** is a social worker with over 30 years experience as a facilitator, counsellor and educator and is passionate about celebrating menarche, menstrual wellbeing and holistic contraception. Jane is the author of *A Blessing Not a Curse* (2002) and *Girftopia* (2010) and co-author of *The Natural Fertility Management Kits for Contraception and Conception* (2004) with Francesca Naish and *The Pill: Are You Sure It's For You?* (2008) with Alexandra Pope.