

Dear Ones,

Put the kettle on! It's time for a cuppa and a nourishing breath or two. To start here's Nicole Tricarico story of her first CDG on Sunday 28th of Feb.

I'm happy to share how it all went. One of the mums was a client here at work of Kelly's, one of the other naturopaths. This Mum then had 2 of her girls friends and Mums come along. Another of the mums was my friend and another was from facebook. I had 4 others book in but then didn't get back to me which was a bit annoying, one had a daughter who had been sick so they are planning on coming to the next one.

The Mums session was good. Am still so surprised how many women in the 30-50 year age group were told nothing about periods, they all had very average menarches. They were all really open and loved the ideas about making a box of special things and thinking about how they might celebrate menarche for their daughter.

The Sunday came and 2 of the girls seemed nervous about their mums leaving them and all said they were nervous. But really once they got into 2 or 3's and introduced each other it was all good. An hour in they were so chatty and loud it wasn't funny. They asked so many good questions, the discussion with the anonymous questions was hilarious especially when we talked about boys puberty, they thought it was great that boys get embarrassed too with random, unexpected erections etc. 2 of the girls had watched siblings being born at home so when we talked about "was it painful to have a baby", they talked about this. One said 'Mum did her happy cry when he came out' and then they all imitated what they would be like when they had a baby with their happy cries lol! But you know good practice for future birthing. They LOVED the mandala, it looked divine and the mums also loved this too.

The timing was a little off, I finished the first part really quick and then ran out of time before the mums came so skipped henna. The afternoon went a bit quicker than I planned too but I figured with smaller numbers this may happen. None of the Mums were huge talkers either. The girls loved trying out the tampons and looking at all the pads, so many questions. They also liked hearing about cloth and the menstrual cup too, even the Mums were excited about some of these options for themselves.

In the afternoon the sharing was lovely, the mums and girls loved the strength cards. One girl picked out "hardworking" for her Mum and her Mum started to tear up a bit. I got through reading Someday with no tears ha ha, every other time I have read it I cry. The final highlight was the mandala ritual at the end, they all liked that. After this they all chatted for a while, the girls swapped emails and the girl who was most shy to start with gave me a huge hug on the way out.

One Mum commented on facebook how much fun her daughter had, it was the best day ever apparently and she made 2 new friends. All of the girls said they wanted to

come back again, so I guess that is a success.

We finished a little early but again I think because the Mums didn't go for ages with their stories and sharing it could have gone a bit longer with other groups.

I was tired by the end, but I am usually if I talk all day, but it was really satisfying for them to have such a positive day and intro into menarche etc.

So now I'm looking forward to the next one and will see how the timing goes next time. Working with girls is lots of fun.'

Thanks Nicole! So great to read your experience.

Mense-Ed

*****Big drum roll*****

*****Announcing *****

The launch of www.mense-ed.com tra-laaaa!

Mense-Ed is the love child of a group of CDG facilitators who are keen to run positive menstrual education professional development workshops for teachers and school staff. Check out the website and please spread the word. The more schools and teachers we meet the more we can promote 'positive menstrual education' generally and Celebration Day for Girls specifically! Please also share with Mums (they'll agitate and get us into their schools).

Online Storytelling Two-Part Workshop

I just sent you an email about Kate Lawrence's [Online Storytelling Two-Part Workshop](#). I recently attended one of Kate's workshops and can't recommend it highly enough. Check out the previous mailchimp from me, or email Kate: kate@katelawrence.com.au

Wednesday 20th July 12 - 2pm, AEST
Wednesday 24th August 12 - 2pm AEST

Wombs of Wisdom

Cath Hakanson, one of our CDG sisters in Perth (the one with the fabulous sexedrescue.com website) has shared with us the [Wombs of Wisdom](#) instructions she has received recently. This is now in the Took kit page of the website, so if you're feeling crafty you can make your own Wombs. Anyone want to get together for a womb-making session?

Vital Sign

The American College of Obstreticians and Gynecologists have recently declared that the menstrual cycle should be considered a vital sign (along with breath, pulse etc.) with various recommendations for always checking on the status of a woman/girl's cycle no matter what she comes in for. You can check out this momentous umm ... moment here: <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Menstruation-in-Girls-and-Adolescents-Using-the-Menstrual-Cycle-as-a-Vital-Sign>

Rad-Pads Platinum Affiliate offer

Rad-Pads has a special offer for you. As a Celebration Days for Girls Facilitator Rad-pads is offering you the Platinum Affiliate Status with all sorts of benefits so that you can provide these great washable, re-usable products for your community and add to your income. You will need to be an existing business (with an ABN) or charity and then it is all too easy to partner with us.

More details at: <http://www.radiant-women.com/income-opportunities/>

For more info contact Wendy

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And lastly, another delightful CDG story from Olaia in Hobart: Sunday March 16

The girls were nothing short than AMAZING! Total privilege and delight to spend the morning (then the afternoon) with them. They were so respectful of each other and myself, so brave, helpful, funny, trusting, curious, intelligent, enthusiastic, sweet and supportive, which in turn brought a beautiful sense of connectedness and unity to the group. Blessed Sisterhood! Girls like these are already making the world a better place and are going to change the world!!! Absolutely no doubt about it.