



A Celebration Day for GirlsTM

www.celebrationdayforgirls.com

Celebration Day for Girls - Where did it begin?

In 2000 Jane Bennett was asked by her local school in Castlemaine, Victoria, to run an 'informative, celebratory and holistic' workshop about puberty and menstruation for their senior primary girls and their mothers/female carers. This invitation was based on her years working with Natural Fertility Management; see www.fertility.com.au.

With this creative challenge and exciting opportunity Jane designed and ran the first Celebration Day for Girls (CDG), which became the first of many in the coming years. CDG has now been attended by thousands of mothers and daughters in diverse communities, and continues to enjoy growing popularity as more people come to know of, experience and appreciate its powerful and positive purpose. The original school has now held CDG as a curriculum event every year since and has generated a truly period positive school culture.

Since 2000 this has occurred on a Sunday at a time the class teacher feels is most suitable for the girls. Being scheduled on a day outside the usual school week allows participants to feel sufficient privacy and comfort to explore this topic in a dignified and spacious way.

In 2012 Jane began training experienced facilitators who have a passion for working with women and girls, and who are awake to the value of menstrual cycle awareness, to run Celebration Day for Girls in their own communities. Through their skill, generosity and passion these facilitators now offer this program in over 25 countries and in a wide range of communities. More recently Jane created a team of experienced CDG facilitators to further the reach of CDG and themselves train women to become facilitators. Facilitator training is now available in English, French and Spanish, and occurs both online and in person.

Much of the role of provider of information, wisdom and guidance for girls as they mature naturally falls to mothers and female carers. For this reason facilitators meet with mothers for a two-hour session before the Celebration Day. This is an important preparation for the Celebration Day and allows time for adult conversation and storytelling. During this session mothers commonly discuss ideas and receive support for their unfolding mother-daughter relationship as they journey the adolescent years together.

Many women, as mothers of daughters and as facilitators, also discover rich and intriguing doorways into a new experience of their own cyclic journey. In 2017 Jane founded the Chalice Foundation, a not-for-profit social enterprise, to support and carry forward the work of Celebration Day for Girls and other menstrual education initiatives. See www.chalicefoundation.org.