



Celebration Circle for Girls

An online workshop for girls 10-12 years old with their mother or female carer

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



Celebration Circle for Girls is an online mother-daughter workshop that helps prepare girls for their first period and early cycles with warmth and positivity. With the intention to overturn secrecy and embarrassment, the four 2-hour sessions nurture connection and openness through providing practical and positive information, sharing stories and carefully crafted fun activities. Girls completing the workshop commonly express pride and confidence about their changing bodies and the start of their cycling life.

For more info visit: www.celebrationdayforgirls.com/celebration-circle-for-girls-online