

Growing Up Female



Growing Up Female Workshop: For girls ages 9-12

Days and Time: Sunday, April 28, 2019	1-4 pm
Sunday, September 15, 2019	1-4 pm
Sunday, October 6, 2019	1-4 pm
Sunday, January 19, 2020	1-4 pm
Sunday, March 15, 2020	1-4 pm

Place: The Children's Clinic- West End

Presented by: Jean Braden, Nurse Practitioner

Cost: \$ 40.00

Register: Contact The Children's Clinic @ 406-281-8700 Monday - Friday to register.

The Growing Up Female workshop is a relaxed, fun and interactive time spent with other mothers and daughters. We learn about:

- Physical and emotional changes of puberty for both girls and boys.
- Healthy communication and ways to facilitate this
- Menstruation and good hygiene practices
- Hands on discussion and demonstration of a variety of hygiene products. Jean has 30 years of experience in women's health care with a special interest in facilitating healthy relationships between mothers and daughters.