

# Mums and Daughters Standing Strong Together

This empowering 2-hour workshop is designed to help mothers and daughters (siblings) connect on a whole new level with a particular focus on relationship building. This workshop will explore new ways for mothers and daughters to relate to and understand each other and will enjoy the benefits of Girls Standing Strong three core components:

**Strong Body** is designed to help mothers and daughters build a stronger and more positive relationship with their bodies and help to improve self-confidence, self-esteem, body-image, physical health and wellbeing.

**Strong Mind** will encourage mothers and daughters to think about their lives in a whole new way and It build stronger and more positive relationship, improve self-esteem, build self-awareness and develop resilience to life's challenges.

**Strong Heart** will help build a stronger sense of personal connection, stress management and relaxation, mindfulness and harmony within themselves and those around them

## Event Information

DATE: Saturday June 18, 2016  
TIME: 10am -12noon  
LOCATION: Girls Standing Strong  
11/1251 Hay Street, West Perth

*This sibling event is suitable for girls aged 12+*



*Flappy*



*Healthy*



*Inspired*

**Applications close Friday June 3, 2016.**

Places are limited, to register interest for you and your sibling to attend this workshop, visit <http://kalparrin.org.au/services-programs/strong-youth/> or call 9340 8094