

# Fathers Celebrating Daughters

## Garran

7-9pm, Wednesday 29 May

9 Stone Place, Garran

Cost: \$35

Bookings:

<https://www.trybooking.com/BBGIY>

Facilitator: Julia Dendrinis

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*"It was great to get together and share experiences with other dads whose daughters are at a similar stage of life as mine. I don't feel so alone in all the upheaval now.*

*There are other men who understand and have been there too...and had some great ideas and strategies."*

*- Kim*



**A two-hour workshop for fathers of daughters**

Fathers play a vital role in the wellbeing and success of their daughters. During puberty girls go through an amazing transformation that can leave Dads floundering. It is crucial to stay close and connected during this time but it can be hard to know how to do that as your daughter transforms into a young woman.

Expect an open, lively discussion, practical tips and strategies so that you not only survive, but thrive parenting your daughter during the teenage years.

Topics covered:

- Understanding the changes of puberty for girls
- Periods, PMS and cramps - what Dad's can do to help
- Why it is important to celebrate this stage of development
- Understanding the role of advertising & the sexualisation of girls in the media
- The online world & how to moderate its influence
- Positive body image
- How to build strong, confident girls
- How to share your values with your daughter & listen to hers.

**Fathers Celebrating Daughters – because having a positive, respectful loving relationship with your daughter is the most valuable gift you can give her.**

To learn more about Fathers Celebrating Daughters go to [www.celebrationdayforgirls.com/fathers](http://www.celebrationdayforgirls.com/fathers)