

Katie Malinski, LCSW, Presents:

## FCC Mother-Daughter Puberty & More Workshop

Sunday, March 20, 2011, 2:00 pm–4:45 pm  
Magellan International School, 7130 Chimney Corners, Austin, 78731

**Cost:** \$65 for 1 Mother and 1 Daughter  
(This workshop is for girls 9 to 11 years old.)

**Registration:** Please go to <http://fccpuberty2011.eventbrite.com/> to sign up for this event.

Puberty is an incredibly important thing to talk about with your daughter, but it's not the easiest topic to broach. This workshop can help! Katie will cover relevant and timely information, including:

- Puberty basics
- Body changes
- Menstruation
- Hygiene products & more

But perhaps most importantly, Katie will focus on communication, and show the girls:

- Puberty is normal, natural, and nothing to be afraid of
- We can talk about this tough topic
- Their mother (you!) is a support and a resource—around puberty and more!

This workshop is FUN! Everyone may start out feeling shy, but you get over that quickly! You'll giggle, learn, and connect. And you won't spend much time in your seat!

Important notes:

- Please be aware that no refunds can be given, for any reason, though you are welcome to sell your spot to another mother-daughter pair.
- If you have two daughters close in age, please contact **Katie** before registering both.
- If your daughter has two mothers and both would like to attend, continue with regular registration and then email **Katie**.
- Still not sure? Email **Katie** and request details on everything that happens in the workshop. Know before you go!

Katie Malinski, LCSW, is a licensed child & family therapist and parenting coach. In addition to her one-on-one work with families and children, she presents dynamic parenting workshops on a variety of topics, including: Beyond Birds and Bees, Parenting Through Divorce, Mother-Daughter Puberty & Communication, Your Parenting Toolkit, Increasing Your Child's EQ, Typical Parenting Conflicts, and more.

Katie blogs about parenting and therapy at [www.katiemalinski.com/blog](http://www.katiemalinski.com/blog), and about teaching healthy sexuality to children at: [www.BeyondBirdsandBees.com](http://www.BeyondBirdsandBees.com). You are welcome to sign up for her free parenting newsletter at [www.KatieMalinski.com](http://www.KatieMalinski.com).

