Raising Girls-Mothers Connect: Workshop Series

Tuesday Mornings – July 8, 15, 22 & 29
9:30am to 11:00am

Are you mothering a young girl aged 7-11?

The Raising Girls-Mothers Connect group workshop series is for you!

Maryellen P. Mullin, Licensed Marriage and Family Therapist, (CA License MFC45966) **welcomes you to participate in a small group workshop format, limited to four moms.** Mother and daughter relationships are wonderfully complicated. Close and positive adult familial relationships are one factor which enable girls to thrive in adolescence and young adulthood. Mothering, however, is not always a positive experience. How does a mother survive her daughter's mood swings, uncertainties and developmental conflicts? How does a mother explain all the changes? How do you stay connected to your daughter and have fun? Who supports you in mothering? How do you build resiliency in yourself and your daughter to navigate the modern world?

In our series of **four** workshops, we will discuss and explore the mothering journey. We will share mother experiences (your own experience of a "mom or mother figure," you as a mother, and the challenges of modern-day mothering). You will learn practical and accessible ways to stay connected to your daughter as she navigates the adolescent and teen years. We will read portions of The Mother Daughter Project by S. Hamkins, MD, and R. Schultz, MA, as a guide to supporting mothers and daughters. *This book is included with workshop materials.*

Fee: $280.00 per person for the 4-series workshop which includes light breakfast, book & materials
                   *Bring a Friend Special, each registration receives $20.00 OFF!

Enroll: Please call 415.335.6381, or visit www.sanfranciscofamilytherapy.com - Click "Workshops" tab.

Location: 3516 Geary Blvd., #102 – between Arguello Blvd. and Stanyan (Jordan Park)
                   *Please call to inquire if you are a group of moms interested in hosting this workshop at a different time and venue, such as a school, private home, non-profit, business, etc.