



Inspiring all girls
to be strong,
smart, and boldSM

**REGISTRATION FORM
GIRLS INCORPORATED
OF THE NORTHERN SACRAMENTO VALLEY
MOTHER-DAUGHTER WORKSHOP
Red Bluff • February 2, 2008 • 1:00-5:00 p.m.
220 Sycamore St., Ste 1
Red Bluff**

Offered for girls in 7th and 8th grades.

Mother Name: _____

Daughter Name: _____ Age: _____

Address: _____

Best Phone to Contact You: _____

E-mail: _____

PLEASE SEND THIS COMPLETED FORM and \$25.00 REGISTRATION FEE to:

**Girls Incorporated of the Northern Sacramento Valley
P.O. Box 8578
Red Bluff, CA 96080**

You will be contacted when we receive your registration.

We look forward to seeing you at the workshop!

“GIRLS INCORPORATED OF THE NORTHERN SACRAMENTO VALLEY, Established in 2006, combines the knowledge, expertise and commitment of local community leaders and advocates with the experience, research-based educational curriculum and resources of a national organization to bring STRONG support, SMART programs, and BOLD vision to girls and young women in Shasta, Tehama and Glenn Counties.”



Girls Incorporated of the Northern Sacramento Valley invites daughters and mothers to register and attend a **Mother-Daughter Workshop** to be offered in **Red Bluff** on **Saturday, February 2** from **1:00 to 5:00 p.m.**

Developed from a national curriculum by Girls Incorporated, the workshop has been offered throughout the United States to enhance communication and listening skills. February's workshop is for **7th and 8th grade girls and their mothers.**

The Mother-Daughter workshop is a day of activity and exploration. It is structured to bring mothers and daughters together for "getting acquainted" work in the opening activities. The second phase of the workshop involves moms and daughters working in separate spaces with group facilitators. The third and closing section brings the mother-daughter group back together for activities, reflection and discussion.

The workshop will end with a group tea party.

Participants will leave the workshop with "goody bags", workshop materials, and inspiration to increase the enjoyment of the mother-daughter relationship

Girls Inc. believes the mother-daughter relationship is of prime importance and that mothers are the primary role models for their daughters. The curriculum reflects the challenges and the joys of growing from girlhood to womanhood, and its design provides valuable support and activities to improve communication during critical years in the lives of both daughters and mothers.

Registration is now open for the workshops. There is a suggested \$25.00/pair fee to cover expenses, with support available if needed. Information and registration materials are available by calling Girls Incorporated of the Northern Sacramento Valley at 527-7767 or by email at girlsincnsv@yahoo.com