

SOROPTOMISTS INTERNATIONAL
MOUNTAIN MORNING



PROUDLY PRESENT...

A BOLD DAY OF EMPOWERMENT
MOTHER/DAUGHTER* WORKSHOP

A Free Workshop!

Stengthening, Empowering
Honoring & Supporting Relationships
Between Mothers & Daughters*

Saturday, March 3

9:00 am - 3:30 pm

Flagstaff High School

Commons Space (look for signs)

Registration / Information:

Myra Ferrell-Womochil

mferell@northlandfamily.org

Or phone NFHC at: 928-233-4315

*Grandmother/Granddaughter;
Mother Figures & "daughters"
Big & Little Sisters Welcome!!!

For girls,
ages 12 & up



* Accept Your Body & Yourself * Communicate More Openly *
* Defeat Negative Self Talk * Honor Your Differences *