

Making the Connections is an all-day retreat for daughters, ages 10-12, and their mothers or female mentors. Both fun and educational, this retreat provides a special opportunity to:

Examine changes that come with **puberty and adolescence**,

Work together to enhance positive **communication and connection**,

Recognize the **healthy** nature of developing **sexuality**,

Celebrate the joys and strengths of being girls and women.

Through discussion, creative projects and trust-building exercises, mothers and daughters participate together and in small groups as they learn more about each other and enrich their relationship.

Here is what a few daughters who participated have had to say:

“Now I can understand the changes I am going through.”

“I have always been very close to my mom, but I think I will feel more comfortable asking questions and getting advice.”

“Learning about periods was the most helpful part of the day. Now I don’t feel so uncomfortable talking about puberty.”



Mothers and daughters have fun while learning about each other during the fishbowl activity.



Outdoor initiative activities help mothers and daughters see each other in new ways!

... And here are a few comments on the experience of the day from mothers:

“Because of this day, we are more open with questions and answers about sexuality. Also, I think we’re seeing each other more as people, not just ‘my mother’ or ‘my daughter’.”

“Helping us moms relax, visualize ourselves as teens, and remember what it was like – that was so helpful, because I will better relate to what my daughter is thinking.”

“The ‘blind’ walk in the woods (during which each daughter serves as eyes for her blindfolded mother) was useful to me in that I trusted my daughter in a new way.”

Retreat information:

In the Twin Cities and Rochester:

Contact us to request more information or registration materials:

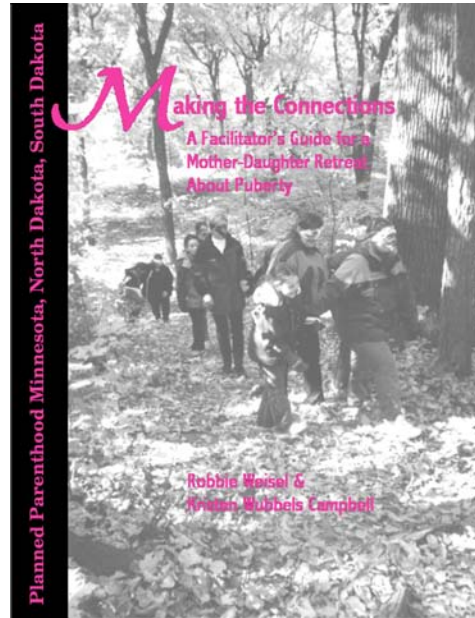
- education@ppmns.org
- **612-821-6198**

Please specify retreat city.

To schedule a group:

You may partner with Planned Parenthood to plan a retreat for your group of 7-10 mother-daughter pairs. We work to accommodate your schedule and location preferences. Contact us and mention your interest in scheduling a group.

For **Madres e Hijas**, retreats in Spanish, call **612-821-6123**.



Our facilitator's manual is for those interested in leading a retreat. Call us or visit our website for more information.

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Affirming human rights to reproductive health and freedom.

For 80 years, Planned Parenthood Minnesota, North Dakota, South Dakota has been a trusted provider of high quality education and reproductive health care, empowering people to build healthy families and productive lives.

Education & Outreach Department
612-821-6198 (voicemail only)
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www.ppmns.org

Mother & Daughter Retreat

Making the Connections

A Day of Discovery for Mothers and Daughters



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