



Mother-Daughter Choices

An Exciting and Timely Program for Adolescent Girls and Their Mothers

WHY MOTHER-DAUGHTER CHOICES IS IMPORTANT TODAY!

Girls today need their mothers' support and guidance more than ever as they enter adolescence. Mothers of adolescent girls need support too. This exciting and timely six-week interactive program brings mothers and daughters together in a mutually engaging and empowering group experience.

This Exciting and Timely Six Week Program:

- ❖ **Strengthens Mother-Daughter Communication**
- ❖ **Builds Understanding and Trust**
- ❖ **Clarifies the Need for Girls to Examine Gender Roles, Career Options, and Economic Independence**
- ❖ **Teaches Problem-Solving, Decision Making, Goal-Setting, and Assertive, Responsible Behavior**
- ❖ **Provides Opportunities for Mothers to Re-Evaluate and Re-Imagine Their Own Career and Life-Choices**

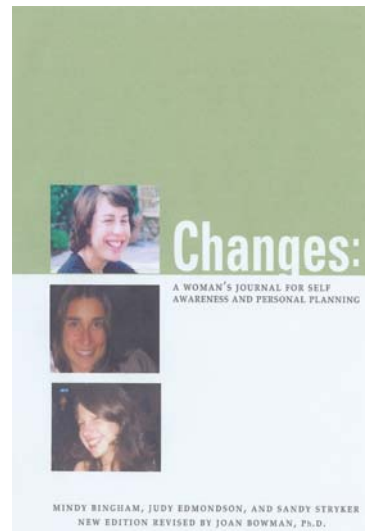
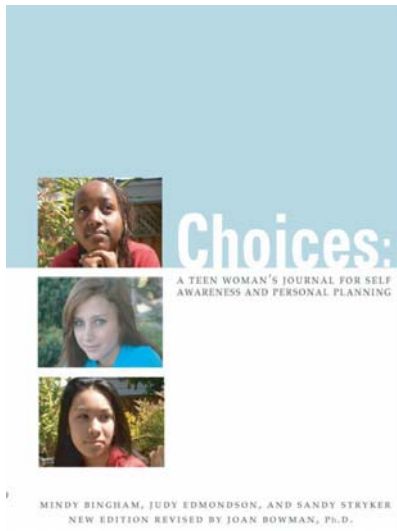
A Memorable and Life-Changing Program

Learning together, sharing love and support, forming friendships with other mothers and daughters, as well as having fun, is all part of this once-in-a-lifetime experience. Mothers are re-affirmed in their mothering roles. Daughters come to see their mothers as the positive role-models they need.

What mothers and daughters are saying about MOTHER-DAUGHTER CHOICES

Great program and the girls loved it. -- MOTHER
The group brought my mom and me closer together. — DAUGHTER
It was the best thing we have done for a long time. — MOTHER
My mom and I talk about more things now. -- DAUGHTER

The six sessions consist of selected activities taken from the nationally acclaimed books, *Choices for the daughters* and *Changes for the mothers*.



Choices: This nationally acclaimed **Life Skills Journal**, updated with inspiring messages for today's young women, addresses persistent myths and answers new questions for a whole new generation.

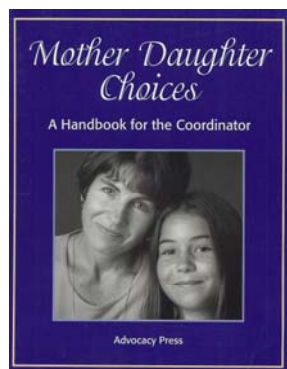
Changes: This widely popular **Personal Planning Journal** helps women plan and re-imagine their lives in an ever-changing world. The adult companion book to **Choices**

HOW DOES THE PROGRAM WORK?

Groups of 4 to 8 mother-daughter pairs come together for six 2-hour meetings. The meetings are held either in the homes of the participants or at a community site. Thought-provoking exercises, guided discussions, and interviews engage the mothers and daughters in lively and meaningful dialogue within each group, and with one another. The flexible curriculum allows the program to be used in a variety of ways by many diverse groups. For example, some groups choose to complete the curriculum at a special weekend event.

WHO CAN START A MOTHER-DAUGHTER CHOICES PROGRAM?

Any mother, individual or community organization may start this program. We've made it easy by providing a comprehensive handbook and a 2-hour training video. All you need is the desire and some eager girls and mothers.



Mother Daughter Choices: A Handbook for the Coordinator: This comprehensive manual provides step-by-step instructions and tips for a successful experience. Includes expert guidance for facilitating group participation, promotion, and recruitment.

If you want to start a **MOTHER-DAUGHTER CHOICES** group, contact us and we'll help you join in on the fun!

Advocacy Press

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*Training workshops and MFT credits available. Check our website for details.