

GROWING UP *gracefully*

A Mother/Daughter Program

For Young Ladies in 8th–12th Grades and their Mothers

(Young ladies must be accompanied by a parent or guardian.)

Made Possible by Mr. and Mrs. Joseph Canizaro

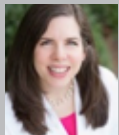
Tuesday, November 7, 2017

6:30 – 8:30 pm

**St. Catherine of Siena Church –
Barrett Complex**

105 Bonnabel Blvd, Metairie, LA 70005

Presented by:



Susan
Caldwell
MD, CFCMC



Sarah Denny
MA, FCP

Parents are the primary educators of their children. Mothers have a unique responsibility to teach and guide their daughters as they make the journey from little girl to young woman. The goal of this program is to give moms the tools they need to help their daughters not only survive the journey but become the women God created them to be—*fully alive and full of grace!*

**Online Registration available at
www.hopewomansclinic.com/growing**

Registration opens September 25, 2017

REFRESHMENTS WILL BE SERVED.

Sunday dress please. Cost is \$25.00 for mother and one daughter (non-refundable). Please add \$5 for each additional daughter attending.

Space is limited. Make your reservation today.

Topics include:

- Your period and your body: what's normal and what's not? When should you see a doctor?
- The Birth Control Pill—is it really the best option?
- Making good decisions regarding the gift of sexuality
- Dating and healthy relationships—living the virtue of chastity
- The feminine genius—the great power and responsibility of being a woman
- Anonymous Q&A session