

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

A BOLD DAY OF EMPOWERMENT MOTHER/DAUGHTER WORKSHOP*

*Free
Workshop*

*Saturday,
May 3*

Registration: 9:30am

Lunch Included

Closing Comments: 2:30pm

Flagstaff Family Resource Center
(was Christiansen Elementary)
4000 N. Cummings Street,
Flagstaff, AZ

Registration / Information:

Sydney Tolchinsky

STolchinsky@northlandfamily.org

928-233-2210

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

For girls, ages 10& Up



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



*MOUNTAIN MORNING
Saturday of Service*



*"Where Violence Ends
and Healing Begins"*