

Comments from girls:

When the day was over I felt light-hearted and happy to have learnt more. I felt privileged to be a girl and closer to myself and to my mother.

Sara (12) Sydney

Today gave me a chance to connect with my mother. It really made me confident and ready for when I first menstruate.

Rhiannon (12) Tilba, NSW

It was heart-warming to know that there was someone who cared and decided to tell girls about menstruation so that they didn't get a fright when it happens to them.

Linda (11) London, England

If I hadn't have come I wouldn't have known how to ask mum. I will find it easier now.

Hanna (11) Cape Town, South Africa

From mothers:

I felt like today has freed me from old limiting beliefs I've had from my mother and grandmother about femininity. It's brought back the honouring of female energy and her cycle. The sacredness of sisterhood and women feels like it has been returned to me.

Vicki, Perth

Thank you for this special day. It was wonderful to be able to step away from busy schedules to a place where one really got in touch with oneself as a precious girl or woman. Each girl came forward in her own light with her own qualities. It gave us a chance to tell each other how much we love each other. I, as a woman, gained some wonderful secrets in a spiritual sense. Thank you for preparing the way for Tamara in such an uplifting and beautiful manner.

Mary, Sydney

This is a day of rich images, rituals, singing, sharing and feasting. Some tears were shed as we were reminded of the silken threads and steel chains that bind us to our daughters. I appreciated Amrita's skill as a facilitator and the stories, songs and rituals that she brought from many cultures. It was a real gift to our girls (and mothers too), to celebrate like this.

Rosemary, Sydney

AMRITA HOBBS

B.Ed (Hons)

...is passionate about this innovative work with mothers and daughters. It was featured as a Radio National documentary called FIRST BLOOD.

A qualified high teacher, Amrita moved from England to Australia in 1978. She has facilitated groups and organised residential programs for teenagers and women for over twenty-five years.

Amrita self-published
IT COULD BE DIFFERENT –

A self-help book for teenagers

(1991); SISTERWEB STORIES – *for mothers to read to their daughters* (1998) and her latest book GETTING REAL... *about growing up!* (2003) is a resource book for young people, parents, teachers and anyone working with youth.

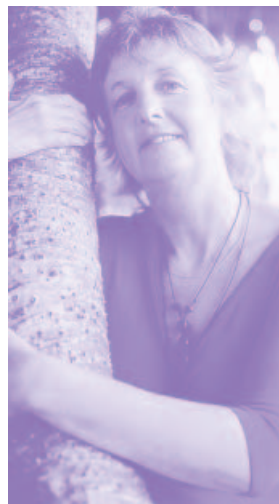
Amrita also offers programs for teenagers, schools, women and private sessions and rituals.

Amrita requires a minimum number of 10 mother and daughter pairs to run this program. She travels around the world and may be visiting your town or country. Check on website. If you'd like a group in your area email info@amritahobbs.com

Date:.....

Organiser:

To book please check the cost and pay your local organiser the agreed deposit. Make sure you have a list of what to bring and venue details



Girls Growing Up!

...for mothers and daughters to honour, acknowledge and celebrate each other!



**GETTING REAL
books and workshops**

PO BOX 76
MULLUMBIMBY NSW 2482

Tele: 0419 336291

Website: www.amritahobbs.com

Email: info@amritahobbs.com

Amrita Hobbs

Through story and song, Amrita weaves magic into the Feminine Mysteries, offering insight and understanding for the girl~becoming~woman.

Girls Growing Up!

This special day of sharing and ritual marks the transition from child to adolescent.

She becomes more confident about her changes and:

- ♥ is prepared because she knows what to expect,
- ♥ learns to listen to and take care of her body,
- ♥ develops a positive image and self-respect,
- ♥ feels the specialness of herself and her gifts.
- ♥ This program is age appropriate for girls ten and over.

Growing Up Great!

Is for teenage girls with mums that:

- ♥ increases self-confidence, awareness and respect,
- ♥ offers communication processes,
- ♥ gives mothers and daughters a chance to tell it like it is,
- ♥ creates understanding and deeper intimacy.

For Fathers

The quality of your relationship with your daughter affects her relationship to all the men in her life.

An Evening about Raising Daughters

Understanding a fathers' role is openly discussed and sharing with others brings new insight.

Honour Your Daughter

A one-day program for fathers and their daughters that allows for closer conversations and deepening trust.



**As females we carry the future.
We can connect powerfully to the Mystery.**