

MOTHERS AND DAUGHTERS IN TOUCH



Created by Youville Centre and approved by Healthy Child Manitoba, *Mothers and Daughters In Touch* is some dedicated time just for Moms with their girls. The program is offered in two varieties, 9-11 year old daughters and 12-14 year old daughters. The program runs for eight weeks with a focus on communication, self-awareness, healthy self-esteem, and most of all FUN!

Mothers and Daughters in Touch is currently offered or has recently been offered by:

Altona and Area Family Resource Group – Nina Edbom-Kehler, Coordinator. Box 473 Altona, MB R0G 1K0 Telephone 204-324-2352. Email aafrc@southernhealth.ca