

# MOTHER & DAUGHTER PROGRAM



**Wednesdays**  
5.00pm - 7.00 pm

**Melton Library**  
Melton

***Starting:***

**5th March 2014**  
*(for 6 weeks)*

*Ending with a family day  
excursion to the Werribee  
Open Plain Zoo April 9th*

**Contact :**

Anyeith

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Or Abraham

**9747 5245**

## **The Program aims to:**

- **build stronger relationships between mothers & daughters.**
- **teach how to communicate and problem solve together.**
- **help build a better understanding of parenting in Australia.**
- **have fun together!**

## ***Topics include:***

- **Building Positive Relationships & Good Communication**
- **Health & Wellbeing**
- **Safety**
- **Positive Body Image**
- **Pamper night**

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**WOMEN'S TRUST**  
*making a difference*