

girl talk

a workshop for mothers and daughters

*Join the Poe Center
for fun, informative mother-daughter time!*

Girl Talk addresses the timely topic of adolescent growth and development and the physical, social and emotional changes that girls experience during puberty. 3-D theater exhibits, hands-on activities, movies and candid discussions help moms and daughters explore a range of topics from the workings of the reproductive system to the menstrual cycle to feminine hygiene protection & more. Girl Talk has been specifically designed with activities that foster and encourage open mother-daughter communication.



March 2, 2019

9:00 a.m.-11:00 a.m.

Poe Center for Health Education
224 Sunnybrook Drive
Raleigh, NC 27610
Registration is \$25.00

for each mother-daughter pair.
\$10 for each additional daughter.
Recommended for 4th-8th grade

To register, contact Robin Pittman at
r.pittman@poehealth.org
Questions? Call 919.231.4006

www.poehealth.org

PoeCenter
The Alice Aycock Poe Center for Health Education