

THE Mother Daughter EMPOWERMENT DAY-TREAT

WWW.MOTHERDAUGHTERDAYTREAT.COM

FOCUS TOPICS:

- ✓ Mother-Daughter Communication
- ✓ Feeling & Defending Boundaries
- ✓ Exit Strategies for Bad Situations
- ✓ Assertiveness Training for Handling Bullies & Mean Girls
- ✓ Practice Sexual Assault Prevention & Self-Defense

This is a day-long retreat for mothers and daughters (aged 10-14 years old) in Berkeley, California.

We've organized indoor and outdoor activities including yoga, assertiveness training, and self-defense.

Your sponsorship of this event is welcomed!

Donation Ideas:

- Fresh baked goods or tea or coffee for the event
- Free samples
- A goodie bag
- A coupon
- A non-perishable snack

As a Donator, you will receive:

- A thank you announcement at the event
- A thank you on the website (logo with link)
- A lasting impression from the item you contribute to the swag bag

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INSTRUCTORS:



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DARA CONNOLLY

Kurukula Women's
Empowerment

Our Demographic: Attendees will be all female, mothers and daughters ages 10-14. Most will be from the San Francisco Bay Area, liberal and active, able to afford luxuries large and small.

Reach: We estimate 40-50 attendees. Each attendee will receive a swag bag. You are invited to contribute an item for all the bags, one only for the mother's bag, one for only the daughter's bag, or an item for each type of bag.