

# *FREE Mother-Daughter Workshop*

## *"Fostering the MotherDaughter Relationship"*

This workshop is for mothers of girls in grades 4-12 AND their daughters. You may attend with or without your daughter, although you may benefit more if you and your daughter come together.

This workshop will address:

- *Methods of bonding on a deeper level with your daughter*
- *Specific activities and exercises to encourage communication*
- *Ways of connecting every day during busy schedules*
- *Learning ways of helping your daughter thrive during adolescence*
- *Ideas for practicing more mindful "mothering" and "daughtering"*
- *Positive conflict resolution and supporting your daughter during times of conflict*

### **Fostering the MotherDaughter Relationship**

Where: Long Valley Teen Center

214 West Mill Road

When : Tuesday October 17th; 7:00-8:30PM

pre-registration required

For information: Contact Peggy DeLong

908-672-6344      peggydelong@comcast.net

pre-register directly at:

<http://drpeggydelong.com/services/community-services/>



Dr. Peggy DeLong, Psy.D. is a clinical and forensic psychologist in Long Valley. She maintains a counseling practice, and she serves as an Expert to the NJ Court System regarding parenting and child development. For more information about her clinical, forensic, and community services, please visit [www.drpeggydelong.com/services/](http://www.drpeggydelong.com/services/)