



TRI-TOWN COUNCIL

working together for kids

Thursday
March 4, 2010

**Tween You and
Me: An Evening
for Girls and the
Women Who Love
Them**

**Presented by:
Debra Dunham**

**6:30-8:00 PM
Proctor School Cafeteria**

*This program is intended for
Mothers/Guardians and Girls in
Grades 4 –6.*

In this program, author and educator Deb Dunham will address the importance of self-esteem; how adults may unintentionally undermine it; why self-esteem declines in adolescence and ways to boost it; how to deal with difficult feelings; and the #1 change adult women can make to shape the self-esteem of their daughters and other girls in their lives.

With practical insights and simple, yet powerful, recommendations Deb will give young girls and their Mom's the tools they need to feel good about themselves, have increased self-confidence and maintain respect for themselves and others as they navigate through adolescence.

Following the presentation there will be a book signing and an opportunity to register for an after-school Horizons program facilitated by Deb called Tween You & Me - a 4-week program supporting the development of important life skills including leadership, goal setting, time management, decision-making and stress management.

Please RSVP to programs@tritowncouncil.org or call 887-6512 by 3/3/10.

For more information, contact Lisa Teichner at lteichner@tritowncouncil.org or 887-6512.