

Mother-Daughter Group

....Navigating and Flourishing through Adolescence

“Mothers and daughters can do together what one mother alone cannot: create a lively subculture that simultaneously nurtures mothers, girls, and mother-daughter connection.” ----The Mother-Daughter Connection

Join us for eight weeks in a small group of women & teen-age daughters to:

- **support and connect with other mothers**
- **nurture and strengthen the mother-daughter relationship**
- **help daughters thrive as girls and young women**
- **welcome them into a community of women**

When: Eight consecutive Tuesdays: August 25 – October 13

Where: San Luis Obispo (location provided upon registration)

Time: 6:00 – 7:30 pm

Price: \$400 for mother-daughter (scholarships possibly available)

Please call Elizabeth at 316-4567 for more information or to register.

Kate Whittle-Utter, MFT-I #86827 and Elizabeth Karsh, MFT-I #79055 are Marriage and Family Interns under the supervision of Matthews Elijah, Licensed Marriage and Family Therapist #39223. Both believe that investing in nurturing and deepening the complex bond between mother and daughter enhances the experience for each individual, family unit, and beyond.

We will draw on the ideas of the book, **The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat The Odds, and Thrive Through Adolescence** by SuEllen Hamkins, M.D. and Renée Schultz, M.A. (Hudson Street Press, 2007) as well as the ideas and resources that we each bring to make this project uniquely our own.



Kate Whittle-Utter



Elizabeth Karsh