

The Cycle Show

A **My Fertility Matters** Day Workshop for girls (aged 10-12 years) and their mums/carers



Where: Kenilworth Methodist Church Hall, CV8 1LQ

When: Saturday July 30th 2022

Time: 9.30 am—3.30 pm

Cost: £20.00 per child

For information & booking, email: teresa.castelino@mfmprojectuk.org



Using a range of activities, colourful materials, music, stories and games, learning about puberty, the menstrual cycle and how life begins is a positive, memorable and fun experience. In a sensitive and age appropriate manner, the children learn how unique and valuable their body is, thus developing their self-worth and self-esteem. Having a shared experience like this with your child, will provide a wonderful basis for further important conversations to take place, well after the day is over.

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“The workshop was excellent. I think you did a great job of making the girls feel special and unique” - Jane, mother of an 11 year old girl.

“I won't be afraid when my period comes” - Amy, aged 10.

That should have been covered in my school days. Beautifully and clearly explained and not at all awkward”- Sarah, mother of a 10 year old girl.

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