



GIRLS & MOMS PUBERTY PARENTING PROGRAM

Tuesday, August 16, 2022
Tuesday, September 20, 2022
Tuesday, October 18, 2022
Tuesday, November 15, 2022
Tuesday, January 17, 2023
Tuesday, February 21, 2023
Tuesday, March 14, 2023
Tuesday, April 11, 2023
Tuesday, May 16, 2023
Tuesday, June 13, 2023

**Byrnes Health
Education Center Campus**
515 S. George Street, York PA

6:00PM – 7:30PM
\$15 per person attending



Pre-Registration Required

This health education event is for moms (grandmothers, aunts, female guardians, etc.) and their daughters (granddaughters, nieces, etc.).

The program creates an open environment to learn about puberty and the natural changes that occur during adolescence.

Subject matter includes stages of human development, the major events of puberty, reproductive system basics and the menstrual cycle.

The topic is discussed in a simple way with a comforting atmosphere, led by an exceptionally qualified Byrnes Health Education Center health educator. All of which reduces conversation barriers and creates a positive learning and growth experience for all participants.