



Circles of Change:

Empowering Individuals, Families, and Communities to be Revolutionary

Join Ophelia's Place for the kick-off event in our
Circles of Change Workshop Series!

Art & Writing Workshop for Mothers and Daughters

Saturdays from 10 am – 12:00 pm
June 5, 2010 – July 3, 2010

407 Tulip Street
Village of Liverpool

* CREATE * SHARE * LAUGH *

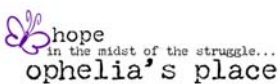
Bring your daughter and your creative spirit on a journey to explore what it means to celebrate ourselves exactly as we are in this moment! Through writing and art activities (that require absolutely no writing or artistic talent), we'll be given an opportunity to be authentic, to listen harder, to bond in new ways, and to learn how self-acceptance can transform our spirits and our relationships.*

* LEARN * LISTEN * CONNECT *

5 sessions - \$100 per mother/daughter team
To register, please call (315) 451-5544 x3 or inquire at Café at 407.

Space is limited, so please register soon!

* Recommended for girls (daughter, granddaughter, niece, child you mentor, etc...) ages 8-12.



Ophelia's Place is a non-profit organization committed to empowering individuals, families, and communities to redefine beauty and health through initiatives that increase self-esteem, improve body image and introduce alternatives to dangerous desires for perfection; and to providing outreach, advocacy and educational services to those impacted by eating disorders, disordered eating and body dissatisfaction.