

# Girls Incorporated® of York Region Building Futures...Together!

## A Communication Workshop for Girls and their Female Care Providers

“I realized that my mom and I love each other and that she gives me courage.”

Amanda, age 12

The purpose of this workshop is to enhance communication and listening skills for mothers and daughters. The workshop achieves this by using activities and questions around economic literacy as one of the foundation topics. We believe that the mother-daughter relationship is of prime importance because mothers are such influential role models for their daughters. We also recognize that there are serious challenges in growing from girlhood to womanhood. For these reasons, Girls Incorporated created a mother/daughter workshop to provide valuable support to mothers and daughters ages 9-13.

### Why Building Futures...Together!?

Building Futures...Together! Is a dynamic, informative and fun workshop for girls between the ages of 9-13 and their mothers (aunts, grandmothers and female guardian/influences). This workshop is specifically designed to encourage effective communication and to lay the foundation for future discussions around such topics as career options, goal setting and economic literacy.

### The Components of the Workshop

The pairs begin the four hour workshop together by participating in icebreaking activities. They are then divided into two groups, the mothers and the daughters. The girls' group begins by exploring their future career options. The girls are encouraged to think about their futures and they are exposed to traditional and non-traditional career choices. Worksheets and activities, such as career

charades, encourage girls to begin to plan for their futures. The girls are asked to explore areas in which they feel they will need assistance and are encouraged to look towards their mothers as primary sources of help and assistance.

The mothers' group begins with a trip down memory lane encouraging them to remember what it was like for them at the age of their daughter. We then explore the messages that children and youth receive about careers and money and look at the development stages of the girls. The women also participate in activities and are encouraged to explore their dreams with the question 'how can my daughter help me reach my dreams' in mind.

We reconvene as a group to showcase the work both groups have completed. Mother and daughter complete a worksheet, 'path to the future', together as a tool to help them realize that they are resources to each other.

### Results

After participating in this workshop, mothers and daughters will have developed a better understanding of each other's ideals and values. They will have learned how to discuss each other's goals. Mothers will have learned how to help their daughter's put into action, their career objectives. This lays a solid foundation for future discussion on the topics of economics and development.

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to be strong,  
smart, and bold<sup>SM</sup>