



# PUBERTY BOOT CAMP

## FOR DADS



## Got Daughters?

This class is a **MUST** for fathers or any single dads that just need a little help to understand those girls!

A fun and informative course to help fathers understand and be prepared for the physical and emotional changes associated with their daughter's experience with puberty and menstruation.

Topics include:

- Importance of father-daughter relationship
- Understanding emotions and other changes
- Helpful tips for products to have on hand
- Understanding girl's hygiene
- Navigating the menstrual cycle
- Suggestions for ways to connect with, understand, and support your daughter through early adolescence
- And much more...

Cost: \$55 per father

(480) 250-2431

[info@theritesofpassage.biz](mailto:info@theritesofpassage.biz)

[www.theritesofpassage.biz](http://www.theritesofpassage.biz)



**The Rites of Passage**

Connecting parents and children  
one conversation at a time