PEARL & THISTLE

# CYCLE PREP
## First Period Workshop for Girls

Experience the nationally-acclaimed program which equips parents and daughters with valuable info about menstrual cycles and teen periods, so they can navigate this time of change confidently, together!

For girls aged 9-11

## PARENTS:
WONDERING HOW TO...

- talk to your daughter about periods, without feeling nervous about what to say?
- prepare her positively for puberty, without sugarcoating the hard parts?
- help her understand the entire process of the menstrual cycle, not just bleeds?

CYCLE PREP introduces girls to menstrual cycles, periods, and body literacy in a positive, adult-supported environment. Cycle Prep encourages girls to respect their bodies and equips them to navigate the natural changes which come with menstrual cycles.

REGISTER NOW



## What Makes Us Unique?

- **Faith-Based, Body Positive Language** helps girls adjust to changes in their bodies as they approach the onset of their first period
- **Science-Based Presentation** empowers girls to know and respect their unique bodies
- **Analogy of the Kingdom** tells a story to make complicated menstrual cycle science accessible and memorable for a young audience
- **Culture of Care** emphasis commissions girls to make a positive impact in menstrual cycle care and respect for one another

**ASCENSION PARISH - BOONE**
**SACRED HEART PARISH CENTER**
OCTOBER 18, 2026
11:30 AM -2:00 PM

CYCLE PREP: First Period Course for Girls is a trademark education series by Pearl & Thistle, LLC, created by Catholic mom and certified cycle educator, Christina Valenzuela. **Learn more at cycleprep.com**