

Rites of Passage

Girls and the adults who care for them are invited to join us for sharing, transformation and celebration of the women our girls are becoming!

Rites of Passage programs help girls make a positive, healthy, self-aware and self-sufficient transition into young adulthood. Supported in part by the Tomci-noh Fund of the Greater Cincinnati Foundation.



Saturday Gatherings

Rites of Passage Saturday Gatherings are \$25 for an individual and \$40 for an intergenerational pair, including lunch. Scholarships are available.

Mother/Daughter Yoga

February 20 10 am—1 pm

Relax in the company of women! Women and girls aged 11 and up (with or without their moms or daughters) are invited to experience this relaxing workshop with postures you can do at home for creating health and vitality in your life. Learn simple meditative techniques to calm your mind and some postures that mothers and daughters can do together. Led by Tracy Jo Duckworth.

Mothers' Rites of Passage

April 10

10 am—1 pm

Mothers and other women who mentor girls join together to discuss their lives with teens:

- Talking about relationships, sexuality and how to cope with peer pressure and 'mean girls'
- Encouraging their independence while providing support

Bring questions, ideas, stories and your desire to learn together about this important transition in their, and your, lives. For adults only. Led by Rites of Passage co-leaders Beth Barr, Pauletta Hansel and Quanita Munday.

Fathers and Daughters Cooking Together

June 19

10 am—1 pm

Celebrate Father's Day with some father/daughter bonding through food! Learn delicious simple and healthy eating for our busy lives — and eat the fruits of your shared labors. For girls aged 11 and up and their dads or other male mentors. Led by one of Grailville's cooks Amanda Heisel and her husband, JC.

Rites of Passage Peer to Peer

September 18

10 am—1 pm

Girls aged 11-14 years will come together for sharing, transformation and celebration:

- Who are we and how can we stay true to ourselves
- What do we face everyday that supports and challenges us to become the young women we want to be

Mothers and other women who mentor girls join together for the same.

The event will end with sharing between the two groups. Girls and women are welcome with or without a mom/daughter in tow. Led by Rites of Passage co-leaders Beth Barr, Pauletta Hansel and Quanita Munday.

Women Across the Generations

November 13

10 am—2 pm

A special celebration to honor all the stages that we go through as women: maiden, mother, guardian, and crone. Grandmothers, mothers, daughters and women of all ages are invited to share memories and hopes for the future through the creation of a story quilt, using words and images to commemorate our lives as women. Led by Rites of Passage co-leaders Beth Barr, Pauletta Hansel and Quanita Munday.

Rites of Passage Summer Retreat

Friday, July 30: 7pm - Sunday, August 1: 11am

Through a weekend of sharing, creative activities, ritual and play girls will:

- Learn to navigate the physical, emotional and social transitions they are facing
- Express their inner lives through creative writing, art activities and guided meditation
- Be in a supportive environment with other girls their age and learn from and with caring adults
- Experience nature on Grailville's 300 acres of woods, pastures and organic gardens

For girls only. Led by Rites of Passage co-leaders Beth Barr, Pauletta Hansel and Quanita Munday.

Mothers and other adult women are invited to join us Saturday evening for a Rites of Passage Ceremony created by the girls during the retreat. Tuition is \$150 and includes meals and lodging.

Writing for the Love of It: For Girls Who Love to Write

Thursdays: Feb 25-Mar 25, 4-5:30pm

A workshop that encourages teen girls' passion for writing and inspires and challenges them to write their hearts out. Activities include: looking together at work in a variety of genres; writing time both with prompts offered and the option of free-writing; sharing writing with each other; offering gentle, constructive suggestions for individual girls to use in revising their pieces, if they so desire. Led by Pauletta Hansel, a published author with a passion for writing and leading writing circles, especially for women who love to write. Tuition is \$75 for the five-week series.