

And a woman who held a babe against  
her bosom said, Speak to us of Children.

And he said:

Your children are not your children  
they are the sons & daughters of  
life's longing for itself.

They come through you but not from  
you, And though they are with you yet  
they belong not to you.

You may give them  
your love but not  
your thoughts.



For they have  
their own thoughts.

You may house  
their bodies but not  
their souls.

For their souls dwell in the house  
of tomorrow, which you cannot visit,  
not even in your dreams.

You may strive to be like them, but  
seek not to make them like you.

For life goes not backwards nor  
carries with yesterday.

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## *Honoring the Mother/ Daughter Spirit*

**A Retreat Designed to  
Rejuvenate the Spirits of  
Mothers & Daughters**



Presented by Jennifer Gauvain, MSW, LCSW

"You never will finish being a daughter."

## Honoring the Mother/ Daughter Spirit

Mothers and daughters are eternally bonded. They share a common trait that is passed on generation after generation. With that passage comes joy, fear, longing and the need to get it right. The old cliché, “I will never make the same mistakes my mother did” is almost ingrained in our psyche from the moment we take our first steps. Yet, it seems more difficult than ever before to raise healthy, strong, confident daughters. The role of the media, the constant bombardment of sexually charged images, the viciousness of peer pressure, make raising our children, particularly our daughters, a daunting task.

Now more than ever mothers and daughters need a supportive environment to discuss their challenges, their fears, their vision, and their faith. Honoring the Mother/Daughter Spirit Retreat offers a safe atmosphere where mothers and daughters of different backgrounds can support and learn from one another, celebrating just how truly special the mother/daughter relationship can be.

### Retreat Topics at a Glance:

- From Tea Parties to Frat Parties
- Inevitable Conflict: Defining the Mother-Daughter Relationship
- Navigating the Adolescent Female Culture
- The Healing Power of Apology
- Dating in Today's World
- Sex Isn't What it Used to Be
- You are Not Your Daughter's Best Friend: Learn How to Set Limits
- Emotional Competition of Mothers and Daughters
- Testing the Limits with Drugs and Alcohol
- Tasks of Adolescence
- Effective Communication Styles
- The Spirit Within Us/The Spirit Beyond Us
- Rejuvenating the Mother/Daughter Relationship
- Nourishing the Spirit: Acceptance and Practice Beyond Today

### Activities Can Include:

- Break-out groups
- Panel discussion: *Mothers & Daughters Through the Ages*
- Reverse role play
- Discussion and insight via family photos
- Mother/daughter mass

Retreats can be individualized to meet your specific needs.

A minimum of ten mother/daughter pairs is necessary in order to truly experience the great things this retreat has to offer. Additional daughters may attend for a nominal fee.

Contact Jennifer Gauvain, MSW, LCSW at WCPA, for more information.

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