

Workshop for Mothers and Their 11- to 13-Year-Old Daughters at Darien Y on March 17

Author : David Gurliacci

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The Darien YMCA is hosting the workshop, “Love the One You’re With”, a morning of discovery and connection for mothers and their 11-13 year old daughters.

The session will be held on Saturday, March 17 from 10:30 a.m. to 1 p.m. at the Darien Y and will be led by Executive Coach and mom Jen Schenkel and Gen Z expert ML Morvan.

The cost to attend the workshop is \$115 for Y members and \$125 for non-members which includes both mother and daughter. The cost also includes the chance to get into the right mindset by attending a mother/daughter yoga class from 9 to 10 a.m., led by instructor Talita Moss and her daughter, Isabella.

After this morning of theater games, writing, and real conversation, moms and daughters will walk away with new understanding and appreciation for each other, and tools they can take forward into their relationship.

Both of the instructors are passionate about creating closeness between mothers and daughters and guiding girls to become healthy, self-aware women:

- Jen Schenkel is a mom and facilitator with over 20 years of experience who has coached groups and individuals through career and life transitions.
- ML Morvan is a French-born marketing expert with over 15 years of experience including a strong understanding of Millennials and Gen Z cultures.

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To register for the “Love the One You’re With” workshop, please visit the [Darien YMCA website](#). For questions, please call the Darien YMCA front desk at 203-655-8228.