



A Celebration Day for Girls Shepparton August 2026

**August 2026-
A Celebration Day**
Friday July 24th
6-8pm

Mums evening
&
Sunday August 2nd
- Full day in
Shepparton

Find out
more:

Contact Nicole & more
info:

Email:
vitalhuntressfoundation@gmail.com

Web:
<https://nicoletricarico.com/workshops/a-celebration-day-for-girls/>

\$165 Per Mother-
Daughter Pair



It's no secret that growing up involves change, which can bring discomfort and even anxiety.

Would you like to help your daughter to feel informed and confident about her body, her cycles and herself?

Your 9-13-year-old daughter gets a day of information, fun activities, relaxed conversation and storytelling. Give her the gift of confidence as she approaches early womanhood.

Mothers, you get an evening beforehand to look at what we'll do and what you'd like for your daughter and join us from lunchtime on the full Sunday. Enjoy an afternoon of sharing women's stories, mother-daughter bonding, and celebrating womanhood.



About Nicole Tricarico: With over 30 years of experience, Nicole is a Naturopath specialising in women's health, fertility and pregnancy. She is also a Childbirth & Parenting Mentor, and facilitates Birth Story Medicine Training Courses.

Nicole is also experienced in running women's circles and mother blessings.

A Celebration Day for Girls™


**NICOLE
TRICARICO**