



The Heroines Club: A Mother-Daughter Empowerment Circle

Melia Keeton-Digby

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The Heroines Club: A Mother-Daughter Empowerment Circle offers nourishing guidance and a creative approach for mothers and daughters, aged 7+, to learn and grow together through the study of women's history. Each month focuses on a different heroine, featuring athletes, inventors, artists, and revolutionaries from around the world – including Frida Kahlo, Rosalind Franklin, Amelia Earhart, Anne Frank, Maya Angelou and Malala Yousafzai as strong role models for young girls to learn about, look up to, and be inspired by.

Offering thought-provoking discussion, powerful rituals, and engaging creative activities, The Heroines Club fortifies our daughters' self-esteem, invigorates mothers' spirits, and nourishes the mother-daughter relationship. In a culture that can make mothering daughters seem intimidating and isolating, it offers an antidote: a revolutionary model for empowering your daughter and strengthening your mother-daughter relationship.



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