

WHO AM I?

FOR YOUTH AGED 10-12

Discover who you are! Looking at the positive characteristics we have and learning how to focus on them in our everyday life. (This group is geared for children ages 10-12.)

In this six-week session, facilitators Denise and Michelle will teach children how to build up their self-esteem and confidence through self-regulation, mindfulness and other helpful techniques. We will practice different ways to use various strategies, so children can learn to utilize them in the outside world as they face different situations and challenges.

Outline:

- 1) What helps me to be the best me?
- 2) What are my strengths?
- 3) How do I get through a challenge?
- 4) How do I help in the world?
- 5) What does my future look like?
- 6) What can I teach others?

**WE HAVE LIMITED SPACE
SO PLEASE REGISTER EARLY**



CENTRE DE RENOUVEAU
AULNEAU
RENEWAL CENTRE

DATES

Tuesdays,
January 8, 15, 22 & 29,
February 5 & 12, 2019

TIMES

5:30pm - 7:00pm

COST

\$150 for 6 weeks

WHERE

228 Hamel Avenue

REGISTER

Email

reception@aulneau.com

Please Note: There are no refunds or discounts for days not attended. Fee must be paid at time of registration to secure your space.

QUESTIONS?

EMAIL:

reception@aulneau.com

CALL:

204-987-7090