

Teen Empowerment Workshop



This 3 hour workshop is for teen girls ages 15-18

In this 3 hour workshop your teen will

- Understand the concept of self-esteem, recognize its importance, and practice positive self-talk to boost confidence.
- Identify characteristics of healthy vs. unhealthy friendships and learn to handle various friendship scenarios through role-play and discussion.
- Gain skills in setting and communicating personal boundaries to maintain healthy relationships.
- Create a personalized self-care kit and learn strategies to incorporate self-care into daily life for overall well-being.

When

**Friday November 29th
6-9 pm**

Fee: \$300

Pizza and self care kit materials will
provided



Deadline to register: November 3rd 2024

Facilitated by

Riley Sinnott, MSW RSW
&
Jessica Shock, MSW RSW



For more information and to register, contact
us;
admin@dpwc.ca or (289) 278-6400