Self-Care Sundays

A WORKSHOP SERIES FOR MIDDLE SCHOOL GIRLS TO FOCUS ON HEALTHY BOUNDARIES, GOAL-SETTING, MINDFULNESS & SELF-CARE TO SET THEMSELVES UP FOR A SUCCESSFUL HOLIDAY SEASON

When: December 4th & 11th | 3:00-5:00 PM
Who: 6th-8th Grade Girls

Where: Simply Bee Office | 175 E Hawthorn Pkwy, Ste 325
Cost: $60

REGISTER AT: WWW.SIMPLYBEECOUNSELING.NET/SELFCARESUNDAYS