Empowered & Educated

A Mental Health Workshop

A workshop for 7th-9th grade Hispanic girls to connect with others & destigmatize mental health in their community. They will learn strategies & skills for coping with anxiety, overcoming perfectionism and setting healthy boundaries in their relationships.



Objectives:

- Learn about perfectionistic tendencies and their effect on mental health
- Develop coping skills for managing mental and physical symptoms of anxiety
- Understand the difference between unhealthy & healthy relationships and how to set effective boundaries

Facilitator:



Jocelyn Machain,
Licensed Social Worker

Details:

- Who: 7th-9th Grade Hispanic Girls
- When: February 23rd | 6:30-8:00
- Where: Simply Bee Office | 175 E Hawthorn Pkwy, Ste 325, Vernon Hills, IL 60061
- Cost: Free

*Please note: This workshop will be facilitated in English.

Register: simplybeecounseling.net/empoweredworkshop