

Cool, Calm & Confident:

LEARNING HOW TO FEEL BETTER AFTER CONFLICT

SEPT. 13TH | 7:00-8:30PM | SIMPLY BEE OFFICE, VERNON HILLS

This workshop teaches high schoolers ways to manage anxious thoughts during times of conflict. They will learn how to reassure themselves in the middle of spiraling thoughts while still effectively communicating with friends, family, teachers, or coaches.

OPEN TO ALL HIGH SCHOOL STUDENTS | $25/PERSON

Facilitated by: Renee Rouse, MSW

REGISTER AT:
SIMPLYBEECOUNSELING.NET/CONFLICTWORKSHOP