

Community Workshops in Sept & Oct

**SEPT
19**

**Calm, Cool,
and Capable**

1st - 3rd Grade
Boys
9am - 12pm

**SEPT
19**

**I Am... I
Can... I Will...**

1st - 4th Grade
Girls
1pm - 4pm

**SEPT
20**

**Frenemies
101**

1st - 3rd Grade
Girls
1pm - 4pm

**OCT
10**

**Frenemies
101**

4th - 6th Grade
Girls
9am - 12pm

**OCT
10**

**Beauty Inside
& Out**

5th - 8th Grade
Girls
1pm - 4pm



A non-profit organization focused on strengthening youth resiliency through programs created by a licensed mental health therapist.