

The Empowerment Project

A free, 5 week group for girls 14-19 years.

Location: SOURCES
882 Maple St.
White Rock, BC

**Thursday's
beginning:**

November 17, 2016
November 24, 2016
December 1, 2016
December 8, 2016
December 15, 2016

Time: 3:30 until 5 pm

At The Empowerment Project you will:

- Learn coping skills for anxiety and depression
- Learn about empowerment and how to empower oneself
- Increase self-care strategies
- Discuss topics such as self-harm, self-esteem and self-love.
- Gaining awareness of stress and how to manage it constructively.
- Challenge your inner critic and celebrate your personal strengths

**TO REGISTER
CONTACT:**

Megan Pickell, M.Ed
Phone: 604-541-5047
mpickell@sourcesbc.ca

Or

Jessica Udy
Phone: 604-541-5036
judy@sourcesbc.ca

