

# EMOTIONAL DISCOVERY

## Youth Workshop



**5 Interactive days,  
learning about:**

- Anxiety
- Motivation
- Anger
- Self-Esteem
- Self-Compassion



**For Ages 8 to 16: Come learn about and discuss a different emotion each day during this fun, interactive 5 day workshop. Talk, learn coping tools, and have tonnes of fun with lots of activities!**



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