## My SOCIAL EMOTIONAL Life

Provide tools for:

- Communication
- Setting boundaries
- Motivation and selfregulation
- Understanding emotions
- Dealing with anxiety
- Understanding the Teenage Brain

This workshop, specifically designed for Grade 7 & 8 students, will teach youth about topics of great importance at their age. Provide the necessary tools for communication, setting boundaries, motivation and self-regulation,

understanding emotions, dealing with anxiety, and understanding the Teenage Brain. This workshop is appropriate for classroom sessions, or as a summer camp



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