



POSITIVE WELL- BEING FOR CHILDREN

SKILLS TO HELP INCREASE
OPTIMISM, RESILIENCY & A
GROWTH MINDSET

*Discover your unique strengths

*Increase Positive Emotions

*Find Motivation

*Develop Positive Relationships

*Cultivate Meaning in Life

*Accomplish Goals to a Better
Version of You

*Promoting Good Health



REGISTER TODAY
THURSDAYS
6:30PM-7:30PM



Groups start September 23rd

***Online/In Person
Limited space in person***

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