

Energising Wellness Program Enriching Mind, Body, & Soul

MENTAL HEALTH SESSIONS FOR TWEENS & TEENS

ENDING THE SILENCE

EMOTIONAL RESILIENCE

BODY IMAGE & SELF ESTEEM

HEALTHY LIFESTYLE

DEALING WITH PEER PRESSURE

DEALING WITH TWEEN TEEN ISSUES

COPING WITH ANGER, ANXIETY & FEAR

BULLYING TROLLING & BODY SHAMING

SOCIAL EMOTIONAL LEARNING

DEALING WITH REAL & VIRTUAL RELATIONSHIPS

SPEAK YOUR HEART