

The Young Love Summer Workshop Starting Soon!



This one day group for teenage girls is designed to help create self awareness more self-esteem, to develop skills socially, emotionally, physically and establish healthy personal values.

Topics include:

Friendships

Dealing with feelings

Communication

Identity & Positive self esteem

Courage to be yourself

Dating

Healthy Values

Also includes a Pampering experience and gift!

Experience the freedom of being all you were created to be!



For more information contact:

Sojourn Wellness Group

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OR check out our website www.sojo.ca