

Youth Education Self-Esteem Online Workshops

Mondays | 4:00–5:00 p.m.

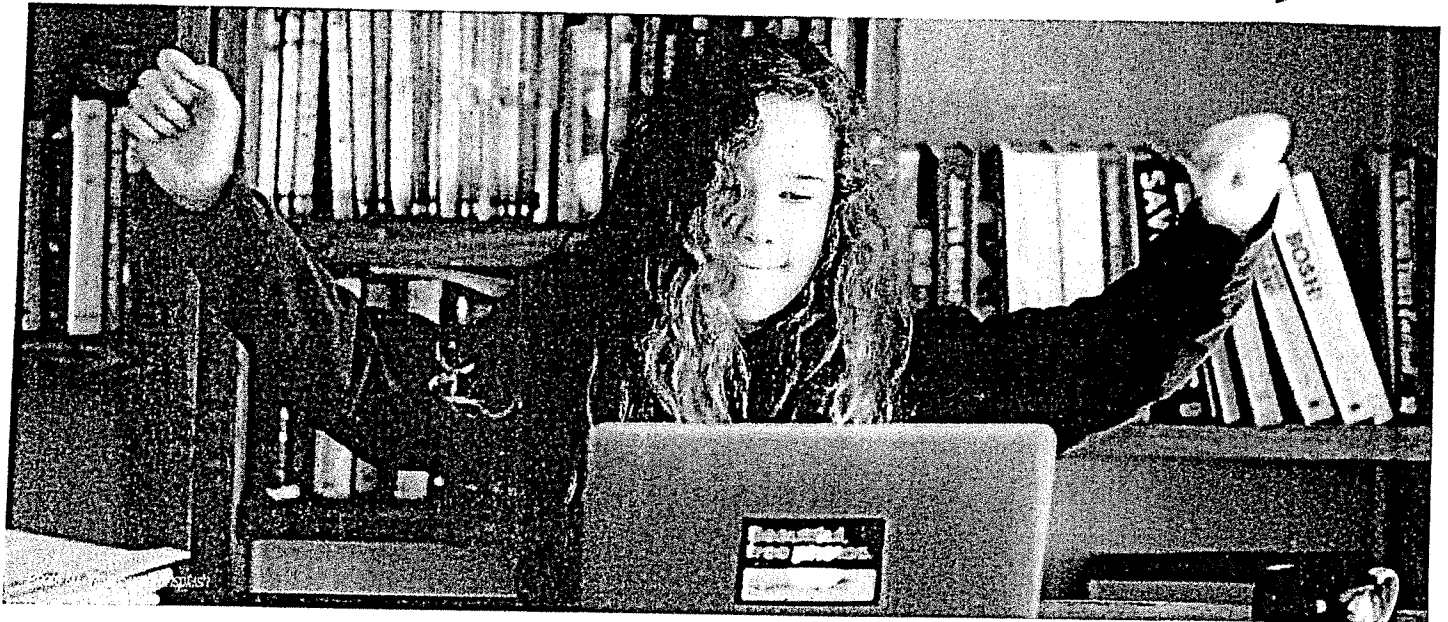
January 18, 2021 | Session 1: Relationships and Self-Esteem

January 25, 2021 | Session 2: The Media and Self-Esteem

February 1, 2021 | Session 3: Diversity and Self-Esteem

February 8, 2021 | Session 4: Hope and Resiliency

Choose the dates that work best for you.



When

Self-Esteem Virtual Workshop

4:00-5:00 PM EDT

Mondays:

January 18, 2021

January 25, 2021

February 1, 2021

February 8, 2021

Contact

Family Transition Place

sabina@familytransitionplace.ca

Where

This is an online event.

Thank you for your interest in Family Transition Place's (FTP's) Youth Education In-Person Self-Esteem workshop for youth ages 11-13.

FTP will be offering a 4-week VIRTUAL Self-Esteem workshop; registrants can sign up for all or just some of the sessions.

Self-Esteem:

This group will explore the meaning of self-esteem and the factors that can have a positive or negative impact on an individual's self-esteem. Participants will engage in interactive activities and discussions about relationships, the media and diversity. This group will give participants new skills that can be used to build self-esteem and become more hopeful and resilient; skills needed in this ever-changing world.

January 18, 2021

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Session 4: Hope and Resiliency

A link to each virtual workshop will be sent to you via email upon registration. **We request a maximum of two children per device.**

We want to ensure that they are making a difference, and will ask our workshop participants to complete a brief online survey to be sent out after the workshop.

REQUIRED READING - Please read the following documents and confirm that they have been read and understand during the next steps of the registration process.

1. [Guidelines for Online Programming](#)
2. [Online Workshops: What to Expect](#)

NOTE: You are registering yourself as the Parent/Guardian followed by your child. The information that is requested at the beginning of the registration process is yours (Parent/Guardian), followed by your child's information.

PLEASE NOTE: If you receive a message that this group is full, please contact Sabina Iurillo at sabina@familytransitionplace.ca for information on future groups.

We look forward to meeting your child!

Sincerely,

The Youth Education Team
Family Transition Place
[519-942-4122](tel:519-942-4122)

[Register Now!](#)

PLEASE MAKE SURE TO INCLUDE YOUR CHILD(REN)'S NAME.



Safety. Support. Hope.

Building healthier communities – one relationship at a time.