

THRIVE GIRLS!



Project Gratitude

A program for young girls ages 8-15.

A program that gives practical tools and techniques to refine and deepen our relationship with gratitude.

Here are some of the specific benefits from this workshop:

- Discover the specific elements of gratitude – from feelings to actions.
- Understand why gratitude can scare us... why you may be unconsciously resisting it.
- Learn how to cultivate the feeling of gratitude at will no matter what circumstance you are in.
- Begin to harness gratitude for healing and change.
- Experience gratitude at a new level, and delve into what is possible from this profound resonance.
- Discover the connection between gratitude and manifesting what you want in your life

Each session will culminate with a Passion Humanitarian Project.

[CLICK HERE TO REGISTER](#)

For more information please contact:

thrivekidsbc@gmail.com

604.617.0301

thrivekidsbc.ca

North Shore Location:

John Braithwaite
Community Centre

Dates:

Wednesday(s) May 22nd,
29th, June 5th, 12th & 19th

Time:

5:30pm-6:30pm

Cost:

\$165

Proceeds go to the
THRIVE GIRLS!
Humanitarian Fund

Due to the nature of the program, a limited number of seats are available. Register early to save your spot!