

A Splash of Style

PRESENTS

PERMISSION TO BE Me

Permission to Be Me is a guided community conversation valuing authenticity.

“The real difficulty is to overcome how you think about yourself.”
Maya Angelou

SATURDAY
MAY 16

10AM – 4PM

ANTIGUA & BARBUDA P.S.I HOUSE

12 W 122ND ST

HARLEM, NY, 10027

Somewhere between the deadlines, the expectations, and the noise, you lost yourself. This workshop is your way back.

This isn't therapy; its a bold, honest conversation about who you are and who you're becoming.

In recognition of Mental Health Awareness Month, join us for a powerful in-person workshop where you'll reconnect with your values, rediscover you goals, and finally give yourself the one thing you've been waiting for - permission.

What to expect



Sensory Hands-on Activity



Breakfast Refreshments



Three Course Lunch



Shared Perspectives



Mental Health Resources



Self-Reflection

TICKETS \$125

CREDIT CARD PAYMENT

PAYPAL PAYMENT