

IMPACTFUL

Conversations

Over Coffee



JOIN US!

WHO: Young Adults between the Ages of 17 - 25

WHEN: 2nd Saturday of every month starting Sept. 9th from 9:00 am - 10:00 am

WHERE: Coffeeweed Cottage (410 Poydras St. Lafayette, LA 70501)

Session Topics

- Build Meaningful Relationships
- Managing Stress
- Emotional and Spiritual Well-Being
- Mental Health (The Basics)
- Anxiety and Depression
- And More



Connect with Others

Explore tools and strategies to increase your level of self-awareness and enhance your relationship management skills.

Communicate Interests & Concerns

Increase your level of social awareness and self-awareness skills by engaging in relevant conversations.

Collaborate and Problem-Solve

Strengthen and develop responsible decision-making and self-management skills by creating and exploring life-hacks to help you make informed decisions.

Ask questions, find encouragement, support, and guidance as you become who were designed to be.



REGISTER NOW

Scan the QR Code



Email us at info@impactilead.org.

Attention: Dr. Phyllis Donatto



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