



Membership for just \$33/month!

REGISTER NOW



# Teen Empowerment Workshop

**Our Teen Empowerment Workshop Membership Learn to identify your strengths and unlock your potential! Every 2nd Friday!**

We explore the impact of challenging & traumatic experiences. Teens learn how to build resilience to become more self-aware & independent. For teens 14-18 years old.

Membership is \$99.98 billed quarterly \$40 monthly for Non-members

REGISTER online or scan code to JOIN

Teens receive:

- proven goal setting method
- building self-confidence
- stress management techniques
- character strengths analysis
- self-confidence building
- time management tools
- conflict resolution skills
- positive peer support
- much more!

**5:30PM - 7PM**

**2ND FRIDAYS MONTHLY**

**WORKSHOP INCLUDES:**

Materials and healthy snacks

251 Granby St., Ste. 300 Norfolk, VA 23510



FREE  
ADOLESCENT EMPOWERMENT  
WORKSHOP



# Teen Empowerment Workshop

**Join us for the art of art! In our workshop, you will learn how to paint your own painting ... from scratch!**

We will be discussing the impact of trauma and how we can gain independence and regain resilience despite

What we cover in the workshop:

- goal setting and achievement reinforcement
- building self confidence
- positive conflict resolution skills
- 

## WORKSHOP INCLUDES:

Materials and nibbles

**5:30PM - 7PM / FRIDAYS**

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DOWNLOAD OUR FREE  
PRODUCT





FREE

# ADOLESCENT EMPOWERMENT WORKSHOP



5:30PM -  
7:00PM



251 Granby St.,  
Ste. 300 Norfolk,  
VA 23510



*Learn how to mix  
and paint with colour*

Come along and learn techniques on how to mix colours, match colours and paint with colour!

Visit our website below or email us on  
[info@glomininitives.com](mailto:info@glomininitives.com)

[www.glominstitute.com](http://www.glominstitute.com)

