



# EMPOWER FOR TEENS

## AT JRNY COUNSELING

Are you looking for ways to have healthy, positive and meaningful relationships with peers and yourself? Struggling in school? Difficulty expressing thoughts, feeling & needs to parents, caregivers or friends? Want to communicate with others going through similar situations in a safe environment?

▶▶▶ Join us for a healing workshop that focuses on supporting teens. During EMPOWER FOR TEENS, you will learn about healthy habits for physical and emotional boundaries, teach people how to treat you, and become skillful at taking control of your emotions.



**Workshop Fee: \$160  
for 4 sessions**

**Wednesdays 6 - 7 pm**

**Space is limited, contact Sarah  
at 317.660.1818 to sign up**

