



Happiness is an inside job

You fall, you rise, you make mistakes, you live, you learn

Be yourself. Everyone else is already taken.

Success is not final, failure is not fatal: It is the courage to continue that counts

Let Go and Grow!

#BeResilient

MidWest Center for Personal & Family Development's Catherine Mollner, MA, LP, SEP, is hosting a 1 Day Resiliency Program for Women ages 16-21 to teach valuable resiliency skills for now and later.

- Develop healthy self-esteem and learn to value yourself from the inside-out
- Consider how society's implicit messages about beauty impact self-esteem
- Build healthy physical, emotional, and intellectual boundaries
- Increase online awareness to be less vulnerable and more protected
- Practice effective communication skills to share authentically and listen with curiosity
- Map the connection between events, thoughts, emotions, behaviors, and consequences
- Appreciate the gift of emotions and learn healthy emotional regulation
- Empower yourself through being assertive and respectful

Saturday, December 29, 2018 | 9:00am-5:00pm

Lunch and Materials Included

Suite 150 Conference Room @ 2550 University Ave W, St Paul, MN 55114

\$200.00 Payable by Private Pay

Max Capacity: 12 attendees

Call 651-647-1900 to Reserve Your Spot Today!



www.MidWestCenter4u.com