

Breaking the Boy Code



Emotional Empowerment Workshop for Boys

- Boys learn how to identify and express full range of emotions so they have healthier & happier lives.
- Workshop focuses on empathy & self-awareness to build self-esteem, confidence & acceptance based on emotional empowerment.
- Participants have fun in an open, safe, enjoyable environment that is full of energy and creativity.

Ages 8-12

Tues Nov. 12

Ages 13-15

Wed Nov. 13

9:30am – 3:30pm

Leduc Region Community Connection Centre

Register today.

online: www.iamheart.ca/register

by phone: (403) 837-1118



Presented by:

i · am · heart

www.iamheart.ca