

LEHIGH VALLEY TEEN CONFIDENCE WORKSHOP

* **3 Sessions**

Session 1:

Managing Social Anxiety: Be Fearless

- ***Date: March 1, 2024***
- ***Time: 1 PM - 3:30 PM***

Session 2:

Building Self-Esteem: Love Yourself

- ***Date: March 8, 2024***
- ***Time: 1 PM - 3:30 PM***

Session 3:

Mastering Communication: Use Your Voice

- ***Date: March 15, 2024***
- ***Time: 1 PM - 3:30 PM***

SCAN FOR
INTEREST FORM



Cost: \$35 per session or \$90 for all 3

Location: TBD

(Allentown-Bethlehem-Emmaus Area)



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www.logosfamilycoaching.com