

# BECOME THE BEST VERSION OF YOU!

Join our 10 Week “Skills for Learning” Program

Learn About:



Building Confidence and Self Esteem



Communication Skills



Conflict Resolution



Finding a Healthy Life Balance



Goal Setting



Personal Change



Decision Making and Problem Solving



Relationships and Personal Boundaries



Study Skills



Time Management

Limited Spaces!

Starting February 5th  
Wednesday Afternoons  
1:30-3:30PM



Held at Grande Prairie Family Education Society  
9607 102 Street

Call or text Alex at 780-235-4648 to register!

