

# EmpowerU: Teen Life Skills Program



**Nurturing New Connections: An Evening to Meet Peers and being your Social Integration Journey**



**Culinary Exploration - Mastering Kitchen Safety**



**Embrace Wellness Day: Equipping Yourself with Coping Strategies, Boosting Self-Esteem**



**Retail Adventure: A Sweet Treat Shopping Excursion**



**Journeying Together: Navigate the City with a Group Bus Expedition to our very own Social shindig at a Cozy Coffee House**



**Mindful Wellness, Teenage Edition**

**Bonds That Matter: Family Fiesta with Bonfire Delights**

**PROGRAM COST \$880**

**1035 MARCH ROAD**

**SEPTEMBER 19TH 8 WEEKS**

**5-6:30**

**613 907. 4052**

**hello@empowered-wellness.ca**