

BECOMING THE BEST YOU!

Learn how to be a happier YOU, and have FUN doing it!

5- session workshop series, for 8 - 12 year olds
Saturdays, 1pm to 3pm

Starting April 6 until May 4, 2024 at the library!

\$5 per session to cover the cost of supplies

Space is limited, so sign up now!

Register by email mvpl.programs@gmail.com
or call 613-756-2000

Workshops led by a retired children's social worker.

Feel better!

Make good choices!

Deal with
bullying!

Manage anxiety!

Get motivated!

