



Madawaska Valley Public Library
19474 Opeongo Line, Barry's Bay, ON K0J 1B0
www.madawaskavalleylibrary.ca

Telephone: 613-756-2000
Head Librarian: admin@madawaskavalleylibrary.ca
Program registration: mvpl.programs@gmail.com

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Becoming the Best & Happiest You!

5-session workshop series for youth ages 8 to 12 years old



Hey Kids!

Do you want to feel better about who you are and what you do?

Are you tired of feeling weighed down with pressure?

Do you want to learn how to manage anxiety?

**Do you want to get better at standing up for yourself
and others when there's bullying?**

**Do you want to feel more motivated to do
what's important to you?**

Do you want to feel more in control of the choices you make?

If you answered "Yes" to any of these questions,
this workshop series is for you!

Learn lots of helpful and practical ways to become a happier
person, and have fun doing it.

Space in this workshop series is limited so sign up right away!

We look forward to seeing you 😊



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A Note to Parents of 8 – 12 year olds:

We are pleased to offer a workshop series that focuses on helping children understand and learn strategies to improve their self-esteem and motivation, and to better manage stress and bullying.

The workshops are designed and led by a retired children's social worker. The workshops are informative and fun, and focus on helping your child develop skills and confidence to better manage difficult feelings and situations.

The workshop series consists of 5 sessions. Each session is 2 hours long, and will take place on Saturday afternoons at the Madawaska Valley Public Library.

Your child will create a unique and personalized item during each workshop to keep as a reminder of what they've learned.

The information and skills taught in each workshop are carried into the next one, so first priority is given to registrants who can attend all 5 workshops.

There is a nominal cost of \$5 per workshop, and this fee helps us pay for supplies and a healthy snack.

Please feel free to contact us with any questions and to register!

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We look forward to hearing from you!

A parent workshop will be held in Fall 2024!

Becoming the BEST & HAPPIEST YOU!

Schedule

April 6: Workshop 1: How to Boost Your Self Esteem

April 13: Workshop 2: How to Feel Motivated so You Can Do What's Important to YOU

April 20: Workshop 3: Understanding Stress and Using It to Help You

April 27: Workshop 4: How to Handle Bullying

May 4: Workshop 5: Pulling Everything Together: What Kind of Person Do You Want To Be?

In every workshop, we will focus on helping you increase your knowledge, develop your skills, and feel more confident. We will do this through individual and group activities, including watching videos, having discussions, and doing a range of neat crafts. At the end of every workshop, you will have something unique to take home to help you remember what you've learned!

**Have fun while learning how to improve your situation
so you can be happier and feel good about yourself!**

Caregivers will receive a summary of the sessions for their reference.

