



## **BRAVE JOURNEY TO DESTINATION WORKSHOP**

### **Brave Journey to Destination Workshop for Expecting and Parenting Teens**

The workshop is about creating self-awareness and reflection skills in order to build self-efficacy and a deeper sense of empowerment in each individual. It is designed to help expecting and parenting teens explore their situation and challenges in a healthy perspective and draw on previous personal strengths and capacity whilst also looking for any outside support, it also explores the expecting and parenting teens dreams for their future and looks at the challenges, barriers and solutions to overcoming these to achieve their dreams.

This is a FREE workshop for expecting and parenting teens, lunch and refreshments provided, child minding facilities available, workshop spaces are limited so book early!

Date: **Tuesday 4th July 2017**

Time: **10:00am - 2:00pm**

Where: **Chigwell House, 8 Bucaan St, Chigwell TAS**

RSVP: **info@bravefoundation.org.au or text your name & email to 0435 745 970**