

Generation **HOPE** Youth Clubhouse

A Community-Focused Workshop Series from CAPE

Affirmations & Self-Talk

This session is designed to help teens use daily affirmations to boost self-confidence and emotional well-being. They will learn to replace negative self-talk with empowering, positive statements.

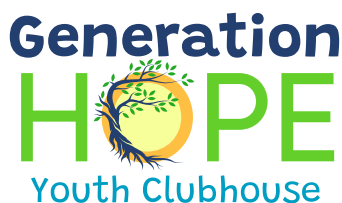
Thursday, March 27th



JOIN US 4-5:30 PM FOR THIS FREE WORKSHOP

This session is part of a new workshop series centered on mental wellness. We will discuss life skills that can help teens live independently and successfully.

SPOTS ARE LIMITED!!! Register Online



31 Marshall Rd, Suite 3F
Wappingers Falls, NY 12590

See details and sign up:
capedc.org/events

