



# WEDNESDAY WORKSHOP SERIES

4:00PM-5:00PM

JAN-FEB  
2025

Be Well with SEL, LLC  
790 Turnpike Street, Suite 102  
North Andover, MA 01845

**15**  
JAN, 2025

## “GROWING HEALTHY FRIENDSHIPS”

Participants will learn that friendships are like gardens -just like flowers and plants, everyone is different and beautiful in their own way. Participants will learn what “ingredients” are needed in order to help our friendships grow strong. Friendship *fence lines* (boundaries) and strategies to steer clear of “drama goats” in our friendship garden will be discussed. Just like gardens, building friendships is a process, and bumps along the way are to be expected!

**22**  
JAN, 2025

## “MANAGING BIG FEELINGS”

Workshop participants will learn that big feelings are like temporary visitors...they will go away! Students will practice listening to their bodies and identify *where* in their body they feel the somatic symptoms of their own BIG FEELINGS. Participants will be shown how to name big feelings, allow themselves to experience the emotion, and do their unwanted task anyways. Lastly, 3 strategies to manage emotions when an uncomfortable feeling shows up will be shown.

**05**  
FEB, 2025

## “POSITIVELY ME” –SELF ESTEEM

Participants will engage in discussions, activities, and crafts that help build self esteem, self worth, and self confidence. Participants will learn that body positivity means that we feel comfortable with our body image and feel good about the wonderful things our bodies CAN do. Students will practice using positive self talk and learn how to start embracing their own unique abilities!

**\$25**

**per workshop**

\*\$65 if registering for all 3 workshops (a \$10 savings)

open to grades K-5

**All workshops include books, games, crafts, and hands on activities!**

*Register*  
**Now**



For more info : [www.BeWellwithSEL.com](http://www.BeWellwithSEL.com)