



Children have to cope with:

Peer Pressure | Exam stress | Depression | Body Image Issue
Low self confidence & esteem | Failure | Insecurity | Anger
Fears | Family & Relationship Issues

Here they will learn to:

- ✓ Inculcate self love, healthy self image and positive inner voice
- ✓ Identify, understand and handle emotions correctly
- ✓ Learn to deal with & release negative emotions

**FACILITATED BY HABIBA KUDRATI [COUNSELLING
PSYCHOLOGIST AND CHILD SPECIALIST] &
JANKI RAVANI [HAPPINESS COACH & TEDX SPEAKER]**

**Workshop Dates:
21st & 22nd April, 2018
(South Mumbai)**

**Age Group:
10 to 15 years**

**28th & 29th April, 2018
(Andheri West)**

**Timing:
9 am to 1 pm**