



*ADOLESCENT WELLNESS
SERIES*

THURSDAYS JUL 6TH-AUG 3RD

**MOTHER EMANUEL
EMPOWERMENT CENTER**

LUNCH SERVED

“REAL TALK RAP SESSIONS”

- **Managing Emotions in Challenging Situations for Success**
- **Diversity & Self-Acceptance**
- **Positive Self-Care Techniques**
- **Setting SMART Goals for Future Success**
- **Close Out Ceremony: TAKING A SELFIE**

**REGISTRATION ENDS
JUNE 30TH**

**EVERY THURSDAY
JULY 6TH –AUGUST 3RD
10 AM-NOON**

AGES 10-14



Mother Emanuel
Empowerment Center

REGISTER AT:

**WWW.MOTHEREMANUEL
SUPPORT.ORG**

**MOTHER EMANUEL
EMPOWERMENT
CENTER**

106 CALHOUN ST.
CHARLESTON, SC

843-724-9035

MON-FRI

9AM-5PM

CONTACT: NIA JACKSON