

# Empowered & Educated



## A Mental Health Workshop

A workshop for 7th-9th grade Hispanic girls to connect with others & destigmatize mental health in their community. They will learn strategies & skills for coping with anxiety, overcoming perfectionism and setting healthy boundaries in their relationships.



### Objectives:

- Learn about perfectionistic tendencies and their effect on mental health
- Develop coping skills for managing mental and physical symptoms of anxiety
- Understand the difference between unhealthy & healthy relationships and how to set effective boundaries

### Facilitator:



**Jocelyn Machain.**

### Details:

- Who: 7th-9th Grade Hispanic Girls
- When: February 23rd | 6:30-8:00
- Where: Simply Bee Office | 175 E Hawthorn Pkwy, Ste 325, Vernon Hills, IL 60061
- Cost: Free

\*Please note: This workshop will be facilitated in English.