

Family Resource Centre



# Confident Me!!!

**A 9 week programme designed for children in 5<sup>th</sup> & 6<sup>th</sup> Class who have experienced adversity and difficulty in their young lives. The programme looks at hopes and dreams, our emotions and developing skills to manage difficult situations.**

**Some of the activities include:**



Design a T-Shirt



Relaxation Jars



Worry Tree

**Starts:** Wednesday 5<sup>th</sup> of October    **Time:** 4-5pm

**WHERE:** Family Resource Centre, 5 Strand Haven, Laytown

**HOW:** If you are interested please contact Reception on 0876443364