

Empowered Families:

Family Strategies to Manage Thoughts and Emotions

Where: 16840 South
Seton Ave. Emmitsburg
MD 21727

When: April 4th, 2018
5:30 to 7:30 p.m.



To Register:

301-447-6102 ext. 17

OR

[http://www.setoncenter.org/
ourprograms/build-your-resouces/](http://www.setoncenter.org/ourprograms/build-your-resouces/)

**Learn with your child/
children (aged 8-14) about:**

- **Each person has the power to choose how they think and feel in any situation**
- **Embrace thoughts as your creative 'superpower' and emotions as a guidance tool**

Presented by Elizabeth Myers

**QSCA Certified Law of Attraction Empowerment Life Coach, Mentor & Speaker,
Certified I-Shine Inner Wellness Curriculum Facilitator, Retired FCPS School Counselor**



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