

International Women's Week

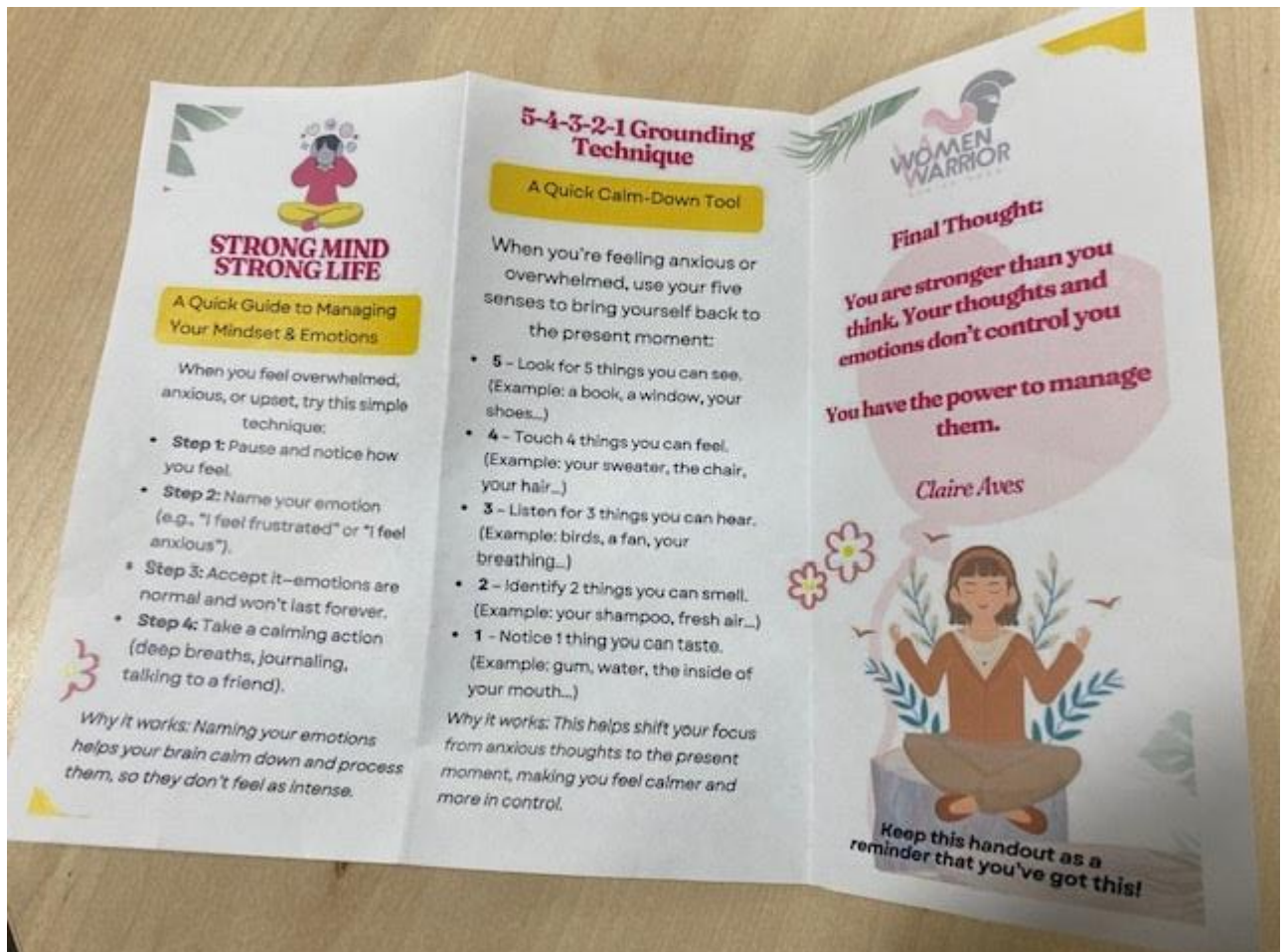
5th March 25

It was great to have guest speakers today to talk and inspire our girls. The girls had a really informative session and some great resources.

MY MISSION

Claire Aves

**Empowering Teens: Health,
Wellness, and Life Skills Talk
with Claire Aves**



TOPICS COVERED



Introduction- Mental Health

The reason why I am here today.

- It is ok to talk to others

- **No one stands alone**
- **Emotions are a good thing**
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