

COMPASS

Join us for an amazing afternoon of discovery! This expertly led workshop helps 4th & 5th grade girls find their unique true north, be more self accepting, challenge negative self talk, & recognize & navigate healthy & unhealthy relationships. With tons of crafts, activities, discussions, snacks, gifts, & even a yoga session, this is a day you won't want to miss!



SATURDAY, DECEMBER 8, 2018 • 12 - 5:30PM
• SHANTI WELLNESS CENTER
417 RIDGE ROAD, MUNSTER, INDIANA
Space is limited so grab a friend and register for this
one of a kind expertly led experience at:
BenchmarkParenting.com



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