

# EMPOWER WORKSHOP SERIES

for children to turn negativity into positive results

**E**mbrace  
**M**e  
**P**roudly  
**O**vercome  
**W**hat hurts  
**E**ncourage  
**R**espect

The hidden talent and uniqueness of today's youth is driven by their genuine hearts and thoughtful minds.

Building confidence in themselves first also allows them to empower each other in a social environment  
*- a place where they all belong.*



Author  
of anti-bullying  
books



**Sabrina Panfilo**  
BULLY FREE AND PROUD TO BE

Workshop Sessions will run on  
Saturdays every month.

April 7 th - April 28 th / 10a.m. - 1 p.m.

[Sabrinapanfilo.com](http://Sabrinapanfilo.com) • 347-729-2729 • [spanfilo@verizon.net](mailto:spanfilo@verizon.net)