



Family
Counselling Centres

UNDERSTANDING SOCIAL INFLUENCE:

BUILDING CONFIDENCE TO NAVIGATE PEER PRESSURE



November 6, 2024



5:30PM - 6:15PM (ages 9-12)
6:30PM - 7:15PM (ages 14+)



Family Resource Network
4908 48 Street, Thorsby, AB



familycounsellingcentres.com



780.612.8577

NOVEMBER 6, 2024 / 5:30PM - 6:15PM / AGES 9-12

In this free session, facilitated by Master's-Level Intern Therapist Laura Ellis, we will learn what peer pressure is and how it can influence our thoughts, feelings, and decisions. Through activities and discussions, we will discover how peer pressure can affect us and begin to explore ways to empower ourselves to make positive choices when faced with challenging social situations.

NOVEMBER 6, 2024 / 6:30PM - 7:15PM / AGES 14+

Join us as we explore the dynamics of peer pressure and its impact on our thoughts, emotions, and decision-making. Through engaging activities and discussions, we will gain insights into how social influence shapes our choices. We will also explore strategies for empowering ourselves to identify our feelings, listen to our bodies, and develop ways to make positive decisions when confronted with challenging social situations.



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