

BRIDGES

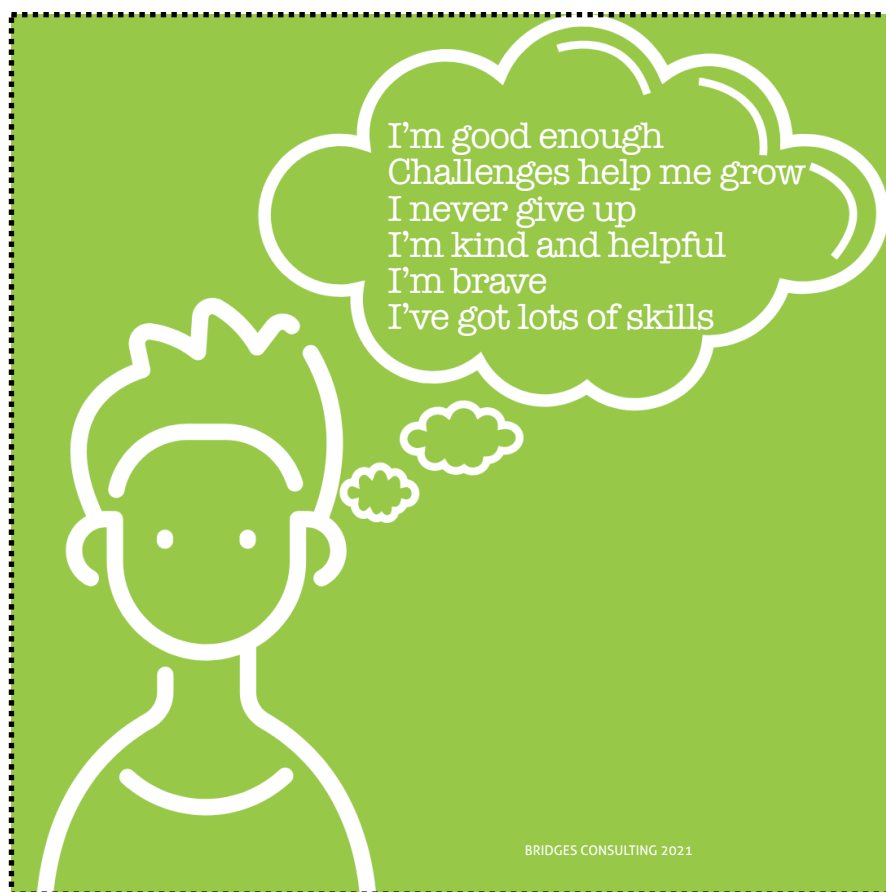
TEENS

MAY 3 - 7, 2021



WEEKLY NEWSLETTER

HERE'S WHAT'S AHEAD FOR TEENS THIS WEEK



Welcome to May! This week we are going to keep talking about **POSITIVITY** and **SELF-AFFIRMATIONS**.

As we talked about last week, the past year has been difficult for each of us. We're going to keep talking about the difficulties we face in our daily lives this week. We'll also look at how we can use our own **POSITIVE SELF-TALK** when things get too rough.

We will also be checking out YouTube to listen to inspiring self-affirmations. Self-affirmations can be helpful when we are feeling stressed out, as they remind us of the good that we have in ourselves and our lives.

Let us know if you have any questions or concerns. We're all looking forward to the new week ahead !



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