



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

PROGRAM

ANXIETY WARRIORS



EMPOWERING TEENS FOR
A CONFIDENT FUTURE

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Programs & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. programs might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.



Anxiety Warriors: Empowering Teens for a Confident Future



Soothing hearts Program

Overview: In the fast-paced world we live in, anxiety has become a common challenge for teens. "Anxiety Warriors" is a transformative program designed to empower teens with the tools they need to navigate anxiety, build resilience, and embrace a future filled with confidence and self-assuredness. Through a series of interactive modules, participants will embark on a journey of self-discovery, gaining insights, techniques, and strategies to conquer anxiety and emerge as strong, confident individuals.

Objectives:

1. **Comprehensive Understanding:** Deepen awareness about the origins and impact of anxiety, enabling teens to better comprehend their emotional landscape.
2. **Personalized Empowerment:** Equip participants with personalized strategies to manage anxiety, tailored to their unique needs and challenges.
3. **Confidence Building:** Instill self-confidence by cultivating a positive self-image and developing skills to effectively tackle anxious situations.
4. **Coping Mechanisms:** Provide an array of tools to handle anxiety, including mindfulness, cognitive techniques, and emotional regulation methods.
5. **Resilience Formation:** Foster emotional resilience and adaptability, enabling teens to face challenges with courage and determination.
6. **Goal Setting and Vision:** Encourage teens to envision a confident future, setting meaningful goals aligned with their passions and strengths.

Structure:

1. **Anxiety Deconstructed Guide:** A comprehensive guide to understanding the origins, types, and triggers of anxiety.
2. **Personalized Anxiety Management Plan:** A tailored plan to address individual anxiety triggers and develop effective coping mechanisms.
3. **Confidence Boost Toolkit:** Tools and exercises to enhance self-esteem, assertiveness, and positive self-talk.
4. **Mindfulness and Relaxation Techniques:** Practical methods to practice mindfulness, manage stress, and promote emotional well-being.

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Duration:

The program comprises 7 modules conducted over 4 weeks, with each session spanning 2 hours. The comprehensive duration allows for in-depth exploration of concepts and hands-on application of techniques.

Audience:

This program is tailored for teenagers aged 12 to 16 who are looking to conquer anxiety, enhance confidence, and lay the foundation for a successful, empowered future.

Empower your teen to embrace their inner warrior, conquer anxiety, and stride confidently into a promising future. Enroll them in "Anxiety Warriors" and witness the transformation unfold.

Empowerment Awaits. Enroll Now!

Pricing: 600\$





"Within each of us lies the power to conquer anxiety, to rise above challenges, and to shine with unshakeable confidence. 'Anxiety Warriors' is not just a program; it's a journey of self-discovery, resilience, and empowerment. Let's rewrite the script of anxiety and pave the way for a future filled with boundless possibilities." - Iman

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.






"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman






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