

GAPBUSTER INC. PRESENTS...

Self-Empowerment

DURING SELF- QUARANTINE

Overview:

During this self- quarantine, a lot of things are changing rapidly and it may feel like everything is out of your control. Find your voice and take back your power with our self-empowerment sessions. Each week we will focus on how *YOU* can make a difference in your life, your families' lives, and your community. Join us weekly, each Wednesday from 5:00p - 6:00p. If not, catch our recorded live feed at <https://www.facebook.com/gapbusterlc/>. We hope to see you then!

OBJECTIVES:

- IDENTIFY WAYS YOUTH CAN EMPOWER THEMSELVES
- BRING STUDENTS TOGETHER FROM DIVERSE GROUPS OF PEOPLE FOCUSING ON A COMMON GOAL
- IDENTIFY WAYS TO REDUCE STRESS DURING THIS PANDEMIC
- SHARE IDEAS THAT CAN BE INSPIRATIONAL AND/OR RECREATED
- CREATE A SENSE OF UNITY IN AN UNCERTAIN TIME

[HTTPS://ZOOM.US/J/93695630364?pwd=A0CRUMGYDNQ0QWRXTGTVYUTWDFZSUT09](https://zoom.us/j/93695630364?pwd=A0CRUMGYDNQ0QWRXTGTVYUTWDFZSUT09)

