

**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. We hope to see you then!

If not, catch the student-paced challenge at  
<https://share.nearpod.com/vsph/nmtZwCpSLu>

## 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

## **This Week's Topic:**

**How to manifest your dreams!**

**[HTTPS://US02WEB.ZOOM.US/J/83298289075](https://us02web.zoom.us/j/83298289075)**

