



## *NEW YEAR, NEW OPPORTUNITIES*

### *JOIN THE WHSAD FAMILY FOR AN EMPOWERMENT WORKSHOP SERIES*

**WEDNESDAY, JANUARY 20TH 6:00PM: STRESS-LESS.** DISCOVER HOW TO EFFECTIVELY PREVENT AND COPE WITH STRESS BY EXPLORING TECHNIQUES TO INCREASE SELF-AWARENESS AND RELAXATION.

**WEDNESDAY, FEBRUARY 24TH 6:00PM: COLLEGE SEARCH.** HELP YOUR CHILDREN ALONG THEIR ROAD TO THE FUTURE! EXPLORE THE STEPS FOR CHOOSING AND APPLYING FOR COLLEGE, INCLUDING THE APPLICATION PROCESS AND FINANCIAL AID.

**WEDNESDAY, MARCH 24TH 6:00PM: EMPOWERMENT & MOTIVATION.** IN THIS DYNAMIC WORKSHOP PARTICIPANTS WILL BE INSPIRED AND MOTIVATED TO BRING OUT THE BEST IN THEMSELVES AS THEY STRIVE FOR THE LIFE THEY ENVISION.

**WEDNESDAY, APRIL 14TH 6:00PM: COMMON CENTS-MANAGING YOUR FINANCES.** PARTICIPANTS WILL LEARN THE VALUABLE SKILLS OF MONEY MANAGEMENT AND TECHNIQUES FOR KEEPING TRACK OF THEIR MONEY, BUDGETING, AND SAVING FOR SHORT AND LONG-TERM GOALS.

**JOIN WITH ZOOM LINK: [HTTPS://TLPNYC.ZOOM.US/J/97442246430?](https://tlnyc.zoom.us/j/97442246430?pwd=UKZ6NTD3UTHYD3HWZTFZK2LP5KG0DZ09)  
[PWD=UKZ6NTD3UTHYD3HWZTFZK2LP5KG0DZ09](https://tlnyc.zoom.us/j/97442246430?pwd=UKZ6NTD3UTHYD3HWZTFZK2LP5KG0DZ09)**

**JOIN BY PHONE: 1-646-558-8656**

**MEETING ID: 974 4224 6430**

**PASSCODE: 513290**

**FOR MORE INFORMATION, SEE MS. CHU, PARENT COORDINATOR:  
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