



Youth Series



What? Join us for a 4 week self-esteem building series for Bracken youth. We will focus on strategies and exercises to help pre-teens build healthy self-esteem, establish a sense of character, increase their level of confidence and uncover their resiliency.

When? Every Wednesday in October: 4th, 11th, 18th, & 25th!

Who? 4th - 6th grade students

How? Students will be walked from schools to the FRYSC Office by a school representative. Students will need to be picked up at 4:30 PM. Parents are asked to send a note to school the day of each meeting giving their child permission to attend. This series is sponsored by the Bracken County Extension Service and the Bracken County FRYSC. There is absolutely no cost and snacks will be provided at each meeting. Questions: Call 735-2141.



Please return forms to the school office by September 29th.

Youth Self-Esteem Series Participation Form

Full Name: _____ Gender: _____ Age: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Parent or Guardian Signature: _____

