

# THE CONFIDENCE PROJECT

Experience Mental Wellness, LLC

## Connect & Thrive

### Teen Summer Groups

(385) 312-0787



**"Find Your People"**  
Social skills bootcamp  
June 1-11 MTWR

Build your social game and connect with confidence



**"Say it Right"**  
Communicate like a Boss  
June 15-25 MTWR

No more awkward talks—communicate clearly, confidently, and actually be understood



**"Unshakeable"**  
Self Esteem & Inner Strength  
July 6-16 MTWR

Develop skills to grow confidence, calm your mind, and believe in yourself.



**"Calm Mode Activated"**  
Power Tools for Stress & Anxiety  
July 20-30 MTWR

Achieve "Calm" faster. Turn down anxiety & stress with these proven coping skills. Use anytime. Anywhere

EACH SESSION RUNS FOR

*2 weeks / 8 days*

*only* **\$160**  
PER 8-day SESSION

[www.ExperienceMW.janeapp.com/](http://www.ExperienceMW.janeapp.com/)

Discounts: siblings / Signing up for multiple sessions



**EXPERIENCE**  
— MENTAL WELLNESS CLINIC  
(385) 312-0787

**REGISTER TODAY**