



Healthy Steps

www.healthystepsmalta.com | info@healthystepsmalta.com

Tel. Malta: 99906603 | Tel. Gozo: 79067657

Building Our Self-Confidence

Workshop for Pre-teens aged 11 to 13

Healthy self-esteem builds a solid foundation for life. This two-day workshop is designed for pre-adolescents aged 11 to 13 with the aim to support them in **strengthening and maintaining positive self-esteem in the face of the changes and challenges of adolescence.** The various group exercises across these 2 days will provide pre-adolescents with opportunities to reinforce their sense of self-worth and interpersonal confidence. The workshop will be facilitated by practitioners trained in Clinical Psychology, Mary Rose Bartolo and Allison Zammit Said.

Workshop in Malta:

29 - 30th December 2014

10.00am – 12.30pm

Mental Health Association Hall

45, Zerafa Street, Marsa*

Workshop in Gozo:

29 - 30th December 2014

3.30 – 6.00pm

Sir M.A. Refalo Sixth Form,

Fortunato Mizzi Street, Victoria*

This two-day workshop is being offered at a fee of €40. Refreshments and snacks are included.

This workshop is aimed for small groups, hence attendance is strictly by booking only. We recommend you secure your place at your earliest convenience, by kindly completing the application form attached by not later than 22nd December 2014

*See maps on back page



Healthy Steps Workshop – Building Our Self-Confidence

Application Form

Name & Surname of Parent/Legal Guardian: _____

Address: _____

Email address: _____

Mobile Phone Number: _____ Landline: _____

Name & Surname of Pre-adolescent: _____

Date of Birth of Pre-adolescent: __ __ / __ __ / __ __

How did you get to know about this workshop? _____

Tick where applicable:

Workshop in Malta:

29 – 30th December 2014

10.00 – 12.30pm

Mental Health Association Hall,
45, Zerafa Street, Marsa

Please enclose a cheque of €40.00 payable to Ms. Mary Rose Bartolo, addressed to Birguma Heights Apts. Block C Flat 5, Triq Andrea Debono, Birguma, Malta

Workshop in Gozo:

29 – 30th December 2014

3.30 – 6.00pm

Sir M.A. Refalo Sixth Form,
Fortunato Mizzi Street, Victoria

Please enclose a cheque of €40.00 payable to Ms. Allison Zammit Said, addressed to North View, Triq it-28 t'April 1688, Sannat, Gozo

Payment conditions: To secure a place payment needs to be effected alongside this application form. A receipt of payment will be issued.

Signature: _____ Date: _____

Directions how to get there:

MALTA WORKSHOP

Mental Health Association Hall, 45, Zerafa Street, Marsa



GOZO WORKSHOP

Sir M.A. Refalo Sixth Form, Fortunato Mizzi Street, Victoria

