

TAME YOUR INNER CRITIC

For Teens in Grades 6-12 (up to age 18).

**SATURDAY, FEBRUARY 17
2:30-3:30PM / SMITHTOWN BUILDING**



**JOIN LIFE COACHES LINDA
AND PATRICIA FOR THIS
UPLIFTING AND REWARDING
PROGRAM. EXPLORE HOW
TO AVOID SELF-SABOTAGE
AND GO BEYOND SELF-
DOUBT TO FEEL GOOD
ABOUT YOURSELF AND
MOVE FORWARD WITH
WHAT YOU WANT TO BE
AND DO IN YOUR LIFE.**

**REGISTRATION IS
REQUIRED.**

APPROVAL FOR DISTRIBUTION OF THESE
MATERIALS IS NOT AN ENDORSEMENT OF SUCH
SERVICES, ACTIVITIES AND/OR PRODUCTS BY
THE SMITHTOWN SCHOOL DISTRICT.