



## INSPIRE ME PROGRAM 2024 WORKSHOPS

### *January*

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#### **Mental Health Effects on Social and Emotional Learning.**

Jan. 20th -Newark

### *February*

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#### **Break up with Fear, Depression, and Resentment**

Feb. 10th -Trenton

Feb. 17th- Newark

### *March*

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#### **Live life to the Fullest: Resiliency**

Mar. 16th-Newark

Mar. 23rd-Trenton

### *April*

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#### **Turn Pain into Power: Becoming Self-Aware, Respectful, and Empowering**

Apr. 13th- Trenton

Apr. 20th-Newark

### *May*

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#### **Believe in Yourself: Overcoming Anxiety & Depression**

May 18th-Newark

### *June*

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#### **One Day at a Time: Combatting Eating Disorders & Cutting**

Jun. 8th-Trenton

Jun. 15th-Newark

### *July*

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#### **Prevention is Better than a Temporary Cure: Substance Use**

Jul.13th-Trenton

Jul. 20th-Newark

### *August*

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#### **Success is a Decision: Free Your Mind & Heal from Early Childhood Trauma**

Aug. 17th- Newark

### **Save the Date 2nd Annual Suicide & Violence Prevention Conference**

Sep. 14th-Location TBA

#### **Trenton Workshops Held at:**

Chosen Inspiration Association *Main Office*  
407 West State Street  
Trenton NJ 08618

#### **Newark Workshops Held at:**

Community Safe Zone  
500 Springfield Ave  
Newark NJ 07103