

# ME + MY IDENTITY

Wednesday, March 6th 2024 - 5pm - 7pm

Join us for an empowering 14-week journey of self-discovery and holistic growth, designed specifically for the LGBT+ community. This **FREE** transformative program will enhance your wellbeing, boost your self-esteem, and embrace your identity.

Throughout the program, you will:

- Connect with supportive peers and experienced teachers, building a sense of belonging for all.
- Cultivate calmness, elevate esteem.
- Enhance your physical, mental, and emotional wellbeing.

This program is for you if you are:

- 15 - 26 years old
- An LGBT+ individual seeking to enhance your wellbeing.
- Looking for like-minded people to connect with.

**The only way to figure out things in life is to figure out yourself first. Together, let's create a more inclusive and supportive world**

**Registration is open now!  
Limited spaces available.**

For more information, please contact: Elain on [hwb@hwbdinbych.org](mailto:hwb@hwbdinbych.org)  
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