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IT'S
TIME TO
TAKE
ACTION!

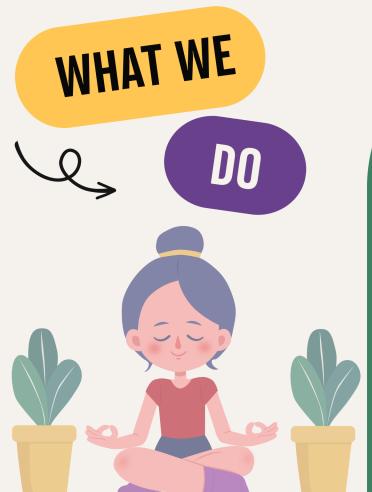
Balancing Life & Kids' emotional development program- labeled the L.I.H.T. Program- offers tweens and teens the ability to learn about how their emotions, hormones, and bodies play a huge role in the daily decisions that they make.



BTK SO



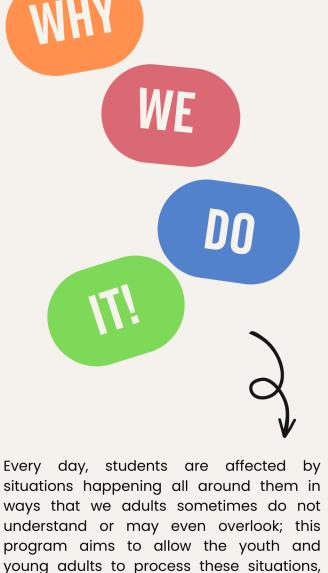
WWW.BALANCINGLIFEANDKIDS.COM



We aim to educate young people on how they can make healthier & more informed decisions

Through group seessions filled with open conversations, hands on activities, and lots of fun, we provide youth with the tools and information that they need to learn how to process, understand, and better deal with their emotions. The best and worst decisions are made based upon the emotions that we are feeling in the moment. It's time we teach out young people how to make better decision.





create healthy coping mechanisms to deal

empowers them to change their mindset

on life to go after anything they want.

with

highly stressful situations, and