



# Resilience & Confidence Kids Class

North Suburban YMCA | Northbrook  
Grades K-5

## Dream Big, Stand Strong

Jan. 9 - Mar. 20 (Meets weekly on Thursdays)

4:30-5:30pm

Discover how to stand strong against peer pressure, set awesome goals, and make your dreams come true!

[Click here to learn more & register](#)

## Activating Our Inner Goal-Setting Radar

Apr. 10 | 4:30-5:30pm

[Click here to learn more](#)

## The Magic of Gratitude

May 8 | 4:30-5:30pm

[Click here to learn more](#)



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