



# PowerMe!

## for 7 - 9 & 10 - 12 year-olds

PowerMe! is a *fun*, evidence-based resilience training programme for 7 - 9 & 10 - 12 year-olds through the activities of Art, Craft, Games & Drama.

The programme consists of four modules over four weeks.

Anti-Bullying Institute CLG

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[www.abi.ie](http://www.abi.ie)

For venues, dates and times of next **PowerMe!** modules, go to:

[www.abi.ie/powerme](http://www.abi.ie/powerme)

# PowerMe!

- > trains young children to make positive behavioural choices within their friendship groups and amongst their peers,
- > helps them understand their emotions when it comes to potential conflicts and to
- > use healthy empowering strategies to stave off possible bullying,
- > whilst promoting physical and mental wellbeing.

Book early on **087 269 4369** to avoid disappointment or contact

**Monica Monahan** at  
[monica.monahan@abi.ie](mailto:monica.monahan@abi.ie) for further information.

