

★ Are you living life the way you want to?

★  
Could your life be more connected to the things that are important to you? ★

# BEING ME 4.0

A six week ONLINE group program that focuses on:

- Taking steps towards your values and goals
- Strategies for difficult thoughts and feelings
- Meeting and sharing with other cool OAC students!

Grades 7-12

**Starts 17th October**  
**(Tuesday, Week 1, Term 4)**

**Register here with your parents consent:**

**<https://forms.office.com/r/LkeSqpanz>**

Once registered we will add you to the Microsoft teams page to get started!