

MESSS Makers Inc.

12 session curriculum

Self-awareness

Shame + Guilt
Anger + Hatred
Fear + Worthiness

Self-regulation


When to React
Grounding with Senses
Releasing Suppressed Emotions

Communication skills

Listening Within
Understanding Other
Respectful Truth Speaking

Self-empowerment

Gifts + Skills Exploration
How we Compliment each other
Goal Setting



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