



# POWER UP

The Love and Peas Foundation, a 501(c)3 non-profit, has created a free class for underserved children ages 8-12. This age group is at a developmental pinnacle when children start to recognize their differences and act them out through things like bullying, reacting to peer pressure and having low self-esteem.

This free one day class will be a unique opportunity for these children to learn about:

*leadership of self and others*

*tools to manage stress*

*how to work as a team*

*how to create quality relationships*

*how to give back to their community*

*self-esteem and how to combat peer pressure*

*how to ask for and receive support*

*how to set and achieve goals*

*alternative ways to look at life*

*how to become more solution oriented*

The Love and Peas Foundation will continue to have a relationship with the children that complete the class. They will be a resource to them moving forward, providing mentorship, and the children will grow relationships with adults who are not their parent, guardian or teacher. Our intention is to create a safe environment for these children so that they can thrive and seek their utmost potential.

The class will include breakfast, lunch and snacks for the children.

April 29, 2017 from 8:30am-5:30pm

At the West Hawaii Government/Civic Center in Building G on Kealakehe Parkway.

Parents/Guardians will be provided a light breakfast while enjoying a short overview of what the children will be learning during the day. There will also be a raffle for prizes during this breakfast hour!

To sign up please contact Erin @ 808-937-3727  
or by email at [loveandpeasfoundation@gmail.com](mailto:loveandpeasfoundation@gmail.com)



**LOVE & PEAS**  
serving to end hunger