



# POWER UP

The Love and Peas Foundation, a 501(c)3 non-profit, has created a free class for 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 class will include breakfast, lunch and snacks for the children.

December 2, 2017 from 8:30am-5:30pm

At The Towers of Kuhio Park: 1475 Linapuni Street, Honolulu 96819

Parents/Guardians will be provided a light breakfast while enjoying a short overview of what the children will be learning during the day.

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