




## Transformational Youth Seminar

Are you a youth between ages 14-17? Do you ask yourself the following questions?



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- How can I maintain good grades all the time?
  - Who am I and what is my purpose?
  - How can I manage my stress, my anger, and get less easily irritated?
  - How do I deal with people who bully me?
  - How can I initiate my future goals and stay focused on achieving them?
  - How can I communicate more effectively with my friends, teachers and family?
  - How should I deal with all the pressures and changes in my life?
  - How can I build up my confidence and self-esteem?

### Seminars Conducted By

Edward Kudaverdian, Ph.D. and Melina Sardar, M.A.

**“Create Freedom & Awareness” Seminar \$295.00 for 8 weeks**

August 9, 2008- September 27, 2008  
October 4, 2008- November 22, 2008

**Time: Saturdays 11:00AM-1:00PM**  
**Location: 541 W. Colorado Street Suite 302 Glendale, CA 91204**  
**Register: Call (818) 662-7045 Ext. 2**  
**E-Mail: [info@arkfamilycenter.org](mailto:info@arkfamilycenter.org)**



[www.arkfamilycenter.org](http://www.arkfamilycenter.org)

*For registration Minor must be accompanied by a Parent or Legal Guardian*