



Alief Family and Community Engagement



Virtual Workshops

# Matters Of The Heart Virtual Workshops

**FEBRUARY 4, 2021**

6:00 p.m. - 7:00 p.m.

**"Self-Esteem: Building Personal Confidence in Yourself and in Your Family"**

**FEBRUARY 18, 2021**

12:30 p.m. - 1:30 p.m.

**"Art of Money"**

**FEBRUARY 18, 2021**

6:00 p.m. - 7:00 p.m.

**"Self Awareness Skills for Emotional Intelligence"**

**FEBRUARY 4, 2021**

11:00 a.m. - 12:00 p.m.

**"Heart Health and the Steps to Take"**

Alief Family and Community Engagement



Virtual Workshops

**FEBRUARY 20, 2021**

9:00 a.m. - 10:00 a.m.

**"LOVE YOURSELF: The Importance of Self Care"**

**FREE Workshops Via Zoom**

**No Registration needed**

**Questions?**

**Visit [www.alieftsd.net/family](http://www.alieftsd.net/family)**

# Matters Of The Heart Virtual Workshops

**FEBRERO 4, 2021**  
6:00 p.m. - 7:00 p.m.

**"Autoestima: Construye Confianza Personal  
en Usted Mismo y en Su Familia "**

**FEBRERO 18, 2021**  
11:00 a.m.- 12:00 p.m.

**"El Arte del Dinero"**

**FEBRERO 18, 2021**  
6:00 p.m.- 7:00 p.m.

**"Habilidades de autoconciencia para  
la inteligencia emocional"**

**FEBRERO 4, 2021**  
11:00 a.m.- 12:00 p.m.

**"Corazón Sano y  
Pasos que Seguir"**

Alief Family and Community  
Engagement



**Virtual Workshops**

**FEBRERO 20, 2021**  
9:00 a.m.- 10:00 a.m.

**"AMATE! La Importancia del  
Cuidado Asi Mismo"**

Talleres GRATIS a traves de Zoom

No Registration needed

Preguntas?

Visite [www.alieftsd.net/family](http://www.alieftsd.net/family)