



Universal Mom®



The Power of “yes” and “no”

There are times that it is appropriate to say “yes” and other times, it’s most appropriate to say “no.”

In this program, children and teens will learn:

- Several ways to discern whether their “no’s” mean no
- Several ways to discern whether their “yes’s” mean yes
- What they truly want rather than be guided by other’s comments and desires.
- Healthy ways to say “no” without hurting others.