

# ***Know your No's***



**Friday March 16th**

4-5pm

Manhasset Public Library.

Registration starts March 2<sup>nd</sup>

call 627-2300 or e-mail

snolan@manhassetlibrary.org

Do you ever feel like your friends want you to do stuff that's a little sketchy, like stuff you don't think you want to do or should do, but you feel weird saying no? Join us and *know your no's!* You will learn and practice some strategies so you don't cave to pressure and can save face with your friends at the same time. *Mrs. Jane Golub*, an educator and registered nurse will lead this workshop for teens.

*Manhasset Public Library 30 Onderdonk Ave  
Manhasset, NY 11030*