



Aġenzija Żgħażaġh  
St. Joseph High Road  
St. Venera  
SVR 1013, Malta  
☎ +356 2258 6700

Date: 13/10/2021

To: Parents and Students

From: Simon Schembri (Community and Outreach Youth Work Services)

Subject: In Tune with Myself - An Emotional Literacy Programme for Teens

---

[In Tune with Myself](#) is another Agenzija Zghazagh Life Skills programme that will precisely focus on identifying and expanding young people's emotional vocabulary and dealing with stressful situations effectively. Furthermore, the programme promotes empathy, an attitude that fosters understanding and cooperation. The programme consists of 3 sessions of 1 and half hours each. The participants' during the programme will achieve such knowledge, skills, and abilities through various activities such as circle time, role plays, quizzes, narrative stories, and other interactive games. At the end of the course students will be awarded a certificate of participation. Different sessions are available in November 2021.

There will be two In Tune with Myself courses. One caters for students in Year 7 and Year 8, while the other caters for students in Year 9 and Year 10.

Kindly follow this [link](#) for further information and to [apply](#).

For further information kindly contact Mr Simon Schembri on 99787253.

Simon Schembri  
Manager  
Community and Outreach Youth Work Services