

LI Strive at Dance Centre of the
Hamptons presents:

CONNECTED & CONFIDENT COMMUNITY CLASS



Program Title: Connected & Confident

Location: LI Strive 460 County Rd 111, Manorville, NY

Dates/ day / Time: 9/1/25-7/1/26

Wednesdays, 3:00–4:30 PM

Offered to: Everyone ages 18+

Description:

A curriculum-based community class focused on navigating friendships, social situations (including social media), and building social confidence. Each session includes instruction, discussion, activities, and real-world practice. Led by a licensed social worker.

Instructor: Lori Phelan, LMSW

Pricing:

- \$125/class

Skills & Outcomes:

- Relationship skills and healthy boundaries
- Communication and self-advocacy
- Social media safety
- Emotional regulation and problem-solving
- Dating and friendship skills (age-appropriate)

**FOR MORE INFORMATION AND TO REGISTER
VISIT US AT [LISTRIVE.COM](https://www.listrive.com)**