



Malankara Mar Thoma Syrian Church
Diocese of North America Sunday Schools



TEEN LIFE SKILLS

SEASON II

Program

Equipping Teens for Life with
Faith, Character & Confidence



Speaker

Dr. Anil Chacko

Author, Speaker & Leadership Coach
Passionate about mentoring teens to
grow in character, emotional wellness
and life readiness.



THIS SEASON'S TOPIC:
**FAITH BASED CHARACTER
AND EMOTIONAL WELLNESS**

*Developing Confidence,
Resilience, and Emotional Health*



DATE & TIME:
Saturday,
August 29, 2026
12:00 PM – 1:30 PM (EST)



WHO CAN JOIN:
Students in
Grades 5–12

REGISTER TODAY!

Scan the QR code or use the
link to register:

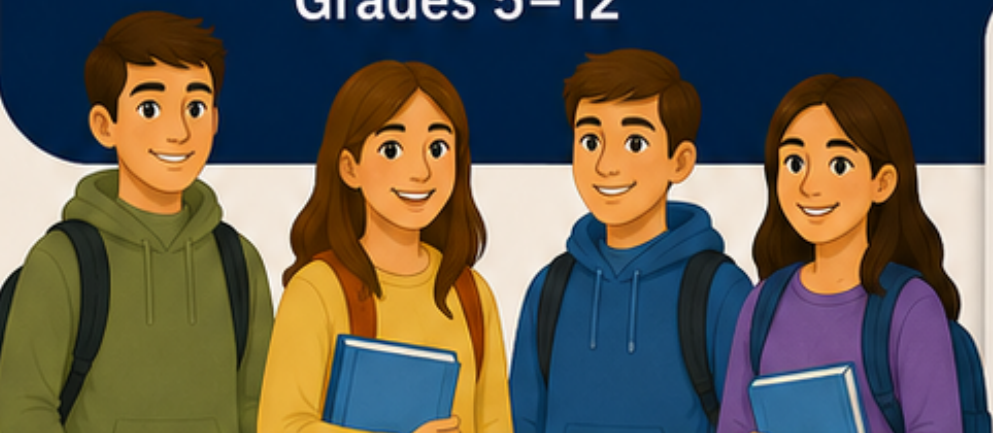
[Click Here to
Register!!](#)



ZOOM:

Scan the QR code or
use the link below to
join the meeting:

[Click Here!!](#)



*"I can do all things through Christ who strengthens me."
– Philippians 4:13*

For more information, contact your
Parish Sunday School Superintendent.

LET'S BUILD STRONGER TEENS FOR A BRIGHTER TOMORROW!