

# NAVIGATING YOUR WAY THROUGH HIGH SCHOOL: IT CAN BE DONE!!!!

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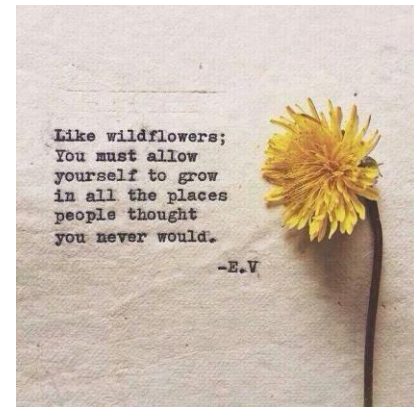
## A Support Group for High School Students

Due to special request by my high school clients I have decided to offer a group focusing on self-esteem, relationships, stress management, and other topics pertinent to those entering or currently attending high school. High school and the transition that comes with it is a trying time for teens and they often feel alienated, insecure, and stressed due to the high demand to perform in many areas.

My goal for this 10 week group is for clients to normalize their experience, build skills to set healthy boundaries, and learn new tools to use now and for the rest of their lives. I believe the power of the group will help to strengthen and build confidence in each member.

### Some of the topics that we will cover are:

- Identifying and building self-esteem
- Building self-worth and creating a value system
- Building and maintaining healthy relationships
- Making good decisions
- Understanding and setting boundaries
- Stress management coping skills
- Incorporating the power of gratitude
- Tools for managing anxiety and depression



**When:** Begins Thursday, September 10, 2015 (**weekly for 10 weeks**)

- **Thursdays:** 6:00 pm – 7:30 pm \*Space is limited to 10 participants\*
- Please note 5 or more participants will need to sign up for group to happen so tell your friends.

**Where:** Life Skills Resource Group, 6068 S. Apopka Vineland Rd., Orlando, FL, 32819

**Rates:** \$57 Registration Fee (Includes materials, to include a journal and the first session fee)  
\$45 per session (whether or not you attend)

**Registration Ends September 1, 2015 (\$57 fee is fully refundable until 9/1; after 9/1: registration fee not refundable)**

**Contact:** Amy Smith at [lifeskillsresourcegroup@gmail.com](mailto:lifeskillsresourcegroup@gmail.com) or call the office at 407.355.7378 to sign up.

**See back** for Registration/Payment Information (This information will be kept secure)

## REGISTRATION INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

### **\*\*PAYMENT POLICY\*\***

— I authorize Amy Smith to charge my card \$57 for the registration

— I authorize Amy Smith to charge my card for \$45 for each group session, whether or not I am able to attend, and understand that this information will be kept secure.

Cardholder Name (please print) \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Card Type: VISA \_\_\_ MASTERCARD \_\_\_ AMEX \_\_\_ DISCOVER \_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

\_\_\_\_\_  
Client/Guardian Signature

\_\_\_\_\_  
Date