

The Journey from Summer to Fall

{& Everything After}

What is this journey all about?

Join us, as we explore the many challenges that make up the student's school year, all within a relaxed and positive environment. The transition back to school after summer break can be difficult, and **we can help!**

How will this help my child?

We will be discussing issues that are both interesting and helpful to teens. Topics include:

- ✓ Creating a toolbox to deal with challenging situations
- ✓ Grades, studying, and college; get organized...get calm
- ✓ The social experience-- including navigating the wide world of social media and technology
- ✓ Tweet *this!* Stop the Bullying

Who is this journey for?

Incoming freshmen • sophomores • juniors • seniors

Why choose us?

Specialists at Wellington Counseling Group understand adolescents. We guide them in finding words and other constructive modes of expression for their feelings, and help them develop healthy self-care tools that will carry them into a more successful and fulfilling adult life. Group facilitator Ashley Hodges, MSW, LCSW, has been working with children since 2009 and brings a unique understanding to the social and school dynamic as both child therapist and a mental health expert embedded in the Chicagoland schools.

Cost

\$450

When and where does this take place?

Monday-Thursday, from August 20th to August 31st, for 75 minutes (**exact time is TBD, but will be late morning/ early afternoon**)

Sheil Park Field House (Club room E), 3505 N Southport Ave, Chicago, IL 60657 (**2 blocks north of Southport, brown line stop**)

Questions?

Please contact **Ashley Hodges, MSW, LCSW:**
312.738.8285 {or} ahodges@wellingtoncounselinggroup.com

