

ACES, a 5 week group, is designed to help young boys get equipped with the skills to make a smoother transition to this potentially stressful stage of life.

A

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Achieving

Confidence,

Encouraging

Success



TOPICS COVERED

- * Assertiveness, communication, resisting peer pressure
- * Relational and physical aggression between boys and conflict resolution
 - *The male self-image
- * Fitting-in and building social relationships with confidence
- * Managing difficult emotions, parents as a support (parents attend final night)
- * In addition: realistic goal setting, stress management, interrupting negative thinking, guest speakers
- * **Pre-registration is required, and space is limited.**
- * **Please contact Jennifer Waitkus at 630-961-2992 x 407 or email jwaitkus@ncoyouth.org**

WHO: 4th and 5th grade boys

WHAT: Boys' group focused on building skills to help prepare for the stress associated with transitioning to Jr. High

WHEN: Monday's, April 27th-June 1st
(no class on May 25th)

TIME: 6:00pm-7:30pm

WHERE: Classes will be held
1601 Bond Street, Suite 309
(Rt. 59 & Diehl) Naperville

COST: \$95 total

*Scholarship money available as needed

