

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

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Achieving

Confidence,

Encouraging

Success



WHO: 4th and 5th grade girls

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

WHEN: Wednesdays, April 29th-May 27th

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

TOPICS COVERED

- * Knowing yourself, connecting with others, resisting peer pressure
- * Relational Aggression between girls and conflict resolution
- * Inner/Outer beauty, liking who you are and feeling good about yourself
- * Fitting-in and building social relationships with confidence
- * Managing difficult emotions, communication, parents as a support (parents attend final night)
- * In addition: Journal writing, goal setting, stress management/learning to relax and stay positive, 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**

