

# Surviving Middle School

Helping your Child thrive during the pre-adolescent years



**Who:** Children ages 11-14

**Why:** To help Pre-teens manage the challenges of increased demands at school, fitting in and making friends, peer-pressure, identity questions and balancing independence with safety

**What children will learn from this group:**

- How to assert themselves and set healthy boundaries with peers
- Expressing their feelings and concerns with friends, dating, drugs/alcohol and school
- Self-esteem work. How to feel good about yourself with all the changes around you.
- Learning that is ok to be you!!
- You are not alone, what your feeling is normal

**When:** To Be Determined  
Classes will begin in October 2009!

**Where:** 706 Front St., Suite 1, Louisville CO 80027

**Cost:** 6 week class is \$300

**Facilitator:** **Monica Ramunda, MA, LPC, RPT** is a Licensed Professional Counselor and registered play therapist in private practice in Louisville. She is a Marriage and Family therapist, specializing in children and adolescents and a Child and Family Investigator for the courts. She has been working with children and families for over 10 years.

***Please call for additional information regarding group times and location.  
Call Monica at 720 304-7611.***