



Facilitated by Dr. Stacy Choi, PsyD



Facilitated by Ashley Gonzalez, LPC



Facilitated by Tracy Skripka, LPC



Facilitated by Kim McGough, LPC EdD

PREPARING FOR HIGH SCHOOL

ANGER MANAGEMENT: STUDENT EDITION

GIRL 2 GIRL

BEYOND THE BIRDS & THE BEES

This 6 wk group will support current 8th graders and help reduce anxiety as social, emotional skill building and personal empowerment are explored in preparation for the transition to high school.

All behaviors, including anger can be expressed in a healthy way and regulated to avoid explosive episodes. This 6 week course helps build skills for emotional regulation and the healthy expression of anger.

This course promotes self-confidence, build self-esteem and helps understand the changes caused by hormones before and during puberty. 4 wk group

This 6 wk group promotes healthy relationship skills. It teaches warning signs for unhealthy relationships, helps learners understand the foundational need for connections, and helps students decide what they need to be safe and secure in romantic relationships.

To register contact:
info@clearhopewellness.com

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Mondays @ 6 pm June 10th-June 24th
AND July 8th-22nd

Fee: \$25 per class

Open to all current 8th graders (rising 9th graders)

281-769-2238

www.clearhopewellness.com

Tuesdays at 6 pm
June 11th-July 16th

Fee: \$25 per class

Open to 6th-11th graders

281-769-2238

www.clearhopewellness.com

Saturdays at 10 am
June 1st-June 22nd

Fee: \$25 per class

Open to all current 3rd-6th grade girls

281-769-2238

www.clearhopewellness.com

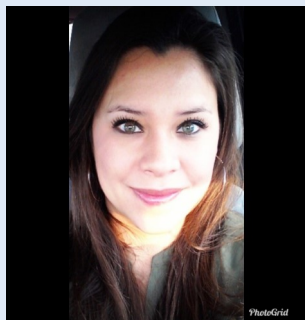
Thursdays at 6 pm
June 13th-July 18th

Fee: \$25 per class

Open to 7th-11th graders

281-769-2238

www.clearhopewellness.com



Facilitated by Karla Auces-Solis, LPC

CREATE TO EDUCATE

This 5 wk music and art group will teach emotional vocabulary, healthy emotional expression and be a FUN introduction to coping skills and the concept of wellness.

To register contact:
info@clearhopewellness.com

Mondays @ 6 pm
June 10th-July 8th
Fee: \$25 per class
Open to 1st-3rd graders

281-769-2238
www.clearhopewellness.com



Facilitated by Shawn Taylor, LPC

MANAGING COLLEGE STRESS

Managing the Fatal 5 Stressors for Mental Wellness. The bad news is stress is inevitable in college. The good news is college stress can be managed with the proper awareness and techniques. This 6 wk group will help students identify and alleviate potential stressors, which can adversely affect students reaching their academic goals and maintaining mental wellness.

To register contact:
info@clearhopewellness.com

Tuesdays @ 6 pm
June 11th-July 16th, 2019
Fee: \$25 per class
Open to 11th and 12th graders

281-769-2238
www.clearhopewellness.com



Facilitated by Elizabeth Wills, LPC

HEALTHY MOOD TOWARD FOOD

This 6 wk group will address how food impacts mood, help explore healthy choices, look closely at food as a coping skill, learn and recognize warning signs of food addiction and disordered eating.

To register contact:
info@clearhopewellness.com

Thursdays @ 6 pm
June 13th-July 18th
Fee: \$25 per class
Open to 7th-12th graders

281-769-2238
www.clearhopewellness.com

Dear Parents & Students,

Education is a powerful tool! Most students have opportunities to learn reading, writing, math, science, history, & to engage in sports and fine arts. In the current era, we must also ask, “How do students learn about mental health and wellness?”

My passion is to provide proactive, educational services to help support and strengthen mental health. With thoughtful care and consideration, the Clearhope Team is offering these **7 courses** to help promote mental health education. In all we do for our children, we cannot underestimate the need to educate them in regards to their social/emotional needs and help provide valuable coping skills and resources to equip them for the future. My request is that you consider making this important commitment to promoting health and wellness for future generations!

Wishing you well,
Heather Lambert, LPC CSC
Clearhope, Founder & Director
www.clearhopewellness.com
www.clearhopewellness.com

