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***JOIN OTHERS YOUR AGE IN EXPLORING HOW TO BREAK NEGATIVE THOUGHT PATTERNS. LEARN LIFETIME SKILLS TO BUILD POSITIVE CHANGE, OVER THE COURSE OF 8 WEEKS. MIDDLE SCHOOLERS OF ANY GENDER AND/OR IDENTITY ARE WELCOME***

***Building Confidence & Self Esteem***

***Middle School***

***(Grades 6-8)***

**Group Facilitator:** Bryenne Alesch M. ED, CCATP, CTMH (she/her)

**When?** Mondays 3:30-4:30p, beginning February 1, 2021

**Where?** Elite Cognition LLC Office in the Water Tower Place Building

5900 Monona Drive Suite #200, Monona WI 53714

**How do I Join?** Email [bryenne@elitecognitionllc.com](mailto:bryenne@elitecognitionllc.com) or call 608-286-1132 x10 to complete a quick (one time) registration form, prior to your first session

**Cost?** $45/session or $320, if paid in full prior to first session. Materials included in fee.

\*CCS programing participants should register through your Service Facilitator

**Note:** This is an ***In-Person group***. **The following protocols and precautions will be in place and must be followed by all participants.** Should our agency close or change protocols due to Covid-19, participants will be notified immediately.

* Group size is limited to 6 participants
* Be on time to group & Commit to attend all 8 weeks
* Wear a mask in the building & while in group
* Sign Covid-19 Health Check and Exposure Policy Agreement
* Wash hands, (soap & water or sanitizer) as you enter session
* Do not come to group if you are sick or have symptoms
* Strict sanitation protocols of the space will be followed before/after each session

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| A close up of a logo  Description automatically generatedELITE COGNITION, LLC  5900 MONONA DRIVE  SUITE #200  MONONA WI 53716  608-286-1132  [www.elitecognitionllc.com](http://www.elitecognitionllc.com)  C:\Users\bry\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\810FA4.tmp |

