



Building Confidence & Self Esteem

Middle School
Grades 5-8
(Ages 10-14)

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

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

When? Mondays 3:30-4:30p (April 5, 2021 – May 24, 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 info@elitecognitionllc.com or call 608-286-1132 x10 to complete a quick (one time) registration form, prior to your first session

Cost? \$40/session or \$300, if paid in full prior to first session. Materials included in fee. *CCS programming 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 Facilitator is fully Covid 19 Vaccinated
- 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

Believe in
Yourself.

"Like the sun, confidence can light up
your life with a rainbow of colors."

- PHILLIP AND JANE MOUNTROSE



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