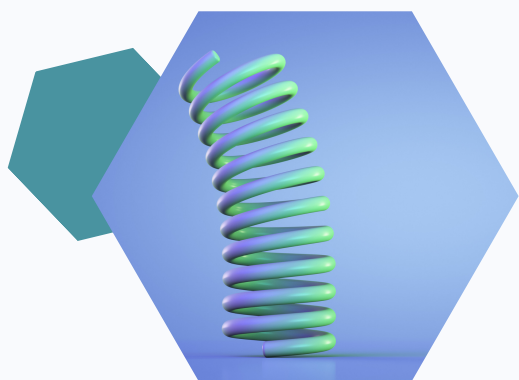


# BUILDING RESILIENCE

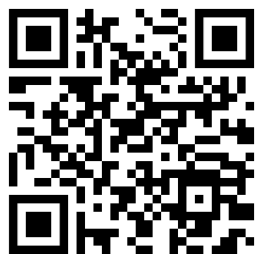
## A GROUP FOR PARENTS AND KIDS

*Does your middle schooler crumble when the going gets tough? Do you feel like your kids rely on you to be the problem-solver? If you would like to see your kids take initiative, be accountable, and use coping strategies, this group is for your family.*



### ***IT'S ALL IN THE DETAILS***

- Middle school kids and parent(s)
- Starts February 7 and will meet from 6-7:15pm on Tuesdays for 4 weeks
- Cost is \$60 per person/per session



**SIGN UP HERE**



### ***WHAT WILL BE COVERED?***

You and your child are invited to participate in a Resiliency program based on Dr. Ken Ginsburg's work - the 7 C's. Madison Gabriel, MS, LCMHCA, NCC and Lacey Wallace, M.Ed., LCMHCA, NCC will facilitate informational sessions for parents, as well as group counseling for kids to cover topics including:

- ✓ **COPING SKILLS**
- ✓ **CONFIDENCE**
- ✓ **CONNECTION**
- ✓ **CHARACTER**

### ● **LOCATION**

Egan Counseling and Consulting  
6926 Shannon Willow Rd  
Suite 400  
Charlotte, NC 28226  
(Located in South Charlotte)



**Questions:**

704-981-2190

support@egancounseling.com