



LiFe HACKS: BOYS Edition



FINALLY, a group just for boys! Introducing Luzio & Associates' newest group, Life Hacks: Boys Edition! This group is a great resource for middle school boys to learn tips, coping skills, and much more!

When?

Every Wednesday
starting October 9th,
2019

What time?

5p.m. to 6p.m.

Cost?

Insurances accepted!
Call our office for
payment information

Group lead by
Kadottie Shrader,
LMHCA & our
graduate intern!

Open to all **middle
school boys!**

Here are the topics that will be discussed during group:

- Anger issues
- Impulse control
- Healthy coping skills
- Learning social skills
- Learning communication skills
- Improve self-esteem