

# TRANSITIONS

COUNSELING SERVICES, INC

## THRIVING THROUGH MIDDLE SCHOOL



*Group for Middle Schoolers*

*Ages 11-13*

Coed Skill Building and Support Group

*Key topics include:*

- *Self Awareness*
- *Relationship Skills*
- *Responsible Decision Making*
- *Self Esteem*
- *Self Advocacy*



Meets weekly  
Wednesdays 5:45-  
6:45pm

in our Norfolk office  
\$25 per group

Join our ongoing group today!

<https://transitionscounselinginc.com/workshops-group/>

Or Call Our Main Office at 781-742-4515

