

COMALLIE-CAPLAN COUNSELING GROUP COUNSELING FOR THE GIFTED

A Happiness, Well-Being and Resiliency Group for Gifted Adolescents

Offered by Lori Comallie-Caplan, MA, LMSW

Does this sound familiar to you?

Your child is...

- Constantly worrying about future "what if" scenarios
- A Perfectionist
- Unable to bounce back when things get tough
- Losing sleep due to anxiety
- Experiencing existential anxiety
- Experiencing negativity and depressive thinking

This program for arms students with 8 research-based skills including goal-setting, problem-solving, resilience, optimistic thinking, character strength development, emotional intelligence, self-confidence, and social skills. This program also helps the gifted perfectionist shift into a healthier framework of striving for excellence. Each of the skills is accompanied by a tool that can be applied in their daily life. The skills taught are all about reducing the negative emotions and increasing happiness, well-being and resilience!

This 8 week course will be limited to 6 high school students and will start on January 18, 2018. The cost of the program will be \$250 including tax.

Grades 9-12 Group will meet every Thursday at 4:15 PM

To enroll your child today, please call Tiffany today at 526-4222, or email Lori at lcomallie@gmail.com. Payment will be due by 1/9 to reserve your child's participation.

See <http://comallie-caplan.com/82-2/> for more information on Ms. Comallie-Caplan.

*Groups will be rescheduled if Ms. Comallie-Caplan is required in Court.