



**A UNIQUE, EMPOWERING, AND MOTIVATING
GROUP EXPERIENCE FOR ALL TEENS...**

**H HEALTH
A ACHIEVEMENT
B BALANCE
I INTEGRITY
T TOGETHERNESS
S STRENGTH**

BASED ON THE BOOK BY SEAN COVEY
“THE 7 HABITS OF HIGHLY EFFECTIVE TEENS”

10 WEEK, 90 MINUTE SESSIONS WILL FOCUS ON:

- **ACCOUNTABILITY
- **TIME MANAGEMENT SKILLS
- **RELAXATION TECHNIQUES
- **PROBLEM SOLVING
- **GOAL SETTING
- **VALUE IDENTIFICATION
- **RELATIONSHIP BUILDING
- **GENUINE LISTENING

GROUP WILL BE HELD ON THURSDAY EVENINGS IN
OUR CRYSTAL LAKE LOCATION 7-8:30 P.M.
CALL TRACY STREPEK @ 847-413-9700, EXT. 351 TO SCHEDULE A FREE ASSESSMENT.
WEEKLY FEE IS \$60

***“SO BE SURE WHEN YOU STEP,
STEP WITH CARE AND GREAT TACT
AND REMEMBER THAT LIFE’S
A GREAT BALANCING ACT
AND WILL YOU SUCCEED?
YES! YOU WILL, INDEED!
98 AND THREE-FOURTH GUARANTEED!”
DR. SEUSS***