

The Leader in Me

For:

Students going into Grade 7

Duration:

Starting on Monday, August 8th to Friday, August 12th, 2016 (5 days)

Time:

1PM to 4PM

Location:

400 Queen St. S.
Kitchener, ON

Cost:

\$150, includes snacks and all art materials

Register:

Contact Intake at
519-743-6333

400 Queen Street S.
Kitchener, ON
N2G 1W7

info@carizon.ca

www.carizon.ca

Changing schools can be a stressful and anxiety provoking experience for some students. The Leader in Me is a unique group that helps students to prepare for transitioning into a new school environment. Through fun, cooperative, indoor/ outdoor games and confidence building activities, students will develop leadership skills, improve their self-esteem, and gain communication skills in order to build new relationships. Students will also learn effective strategies to decrease stress and to help them cope through new situations.

- Improve self-esteem
- Develop healthy coping strategies
- Gain communication skills
- Learn to manage through new transitions

