

New Fall Group Forming Now!

# Battling Bullies

*Let us Teach Your Middle Schooler the Skills to Deal with Teasing, Peer Rejection, or Verbal/Physical Aggression.*

Kids today can experience painful feelings of embarrassment and shame because of bullying. Technology allows bullying to go beyond the playground and across the web, taking humiliation and rejection to a devastating level. This group will help teach youth to take power back from bullies. Middle School students can gain the following skills:

- ❖ Identifying Bullying Behavior
- ❖ Managing Difficult Emotions
- ❖ Strategies to Stop Bullying in its Tracks
- ❖ Getting Others on Board to Stop Bullying
- ❖ Building Self-Confidence
- ❖ Solving Peer Conflict



*Group will meet Wednesdays from 6:30 - 7:30pm, Sept. 14 - Nov. 2.*

For information, call **Susan Myket, Ph.D. & Associates**  
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