



# Transitions

to middle school  
to high school  
and to college

*For students entering middle school, high school, or college*

**ENROLL TODAY!!!** Contact Samantha Greenwald, MA, at Bremen Youth Services  
708-687-9200 and sign your child up today!

The Transitions Group covers, but is not limited to the following topics:

- **Developing Personal, Social, & Academic Goals**
- **Time management skills**
- **Organizational skills**
- **Self-reflection skills**
- **Initiating & Sustaining Friendships**
- **Conflict Resolution**
- **Assertiveness**
- **Healthy vs. Unhealthy relationships**
- **Cooperation and Teamwork**

Bremen Youth Services is offering three separate Transitions Group to help youth develop increased self-awareness and tools to enhance their success in a new academic setting at the middle school, high school, and college levels. Through fun and interactive activities youth are able to practice and expand time management, organization, communication skills, healthy relationships & self-advocacy. The group provides a fun and safe environment for youth to increase academic success while building friendships.

The next group cycle for **Transitions Middle School** begins on **September 16<sup>th</sup>**, and it will be held on Wednesdays. **Transitions High School** begins on **September 17<sup>th</sup>**, and it will be held on Thursdays. Both groups will run for 8 weeks. It will be held on Wednesdays from 6:30-8:00 pm at Bremen Youth Services. The cost of the group is \$10/session. **Transitions College** will start in late spring-TBD.

**Call Bremen Youth Services for more information!!**

Space is limited so call and sign up your child today.