

HELPING YOUR KIDS THRIVE AT (ONLINE) SCHOOL WITHOUT LOSING YOUR COOL

For parents of students in grades K-12



4-WEEK INTERACTIVE ONLINE TRAINING AND SUPPORT GROUP

SEPTEMBER 26-OCTOBER 17
SATURDAYS 2:30-4:30

Topics covered include:

Organization, Coping Skills, Sensory Modulation, Self-care, Importance of Play, Time Management, Focus, Prioritizing, Frustration Tolerance, Problem Solving, Motivation, Study Skills, and more.



**ONLY \$100
PER FAMILY**
INCLUDES ALL 4 SESSIONS

INDIVIDUALIZED
ASSESSMENT OF
NEEDS

4 WEEKS OF
INTERACTIVE
LESSONS

USEFUL
DOWNLOADS

FOLLOW-UP
APPOINTMENTS
AVAILABLE AT
DISCOUNTED RATE

FOR MORE INFORMATION
OR TO SIGN UP, CALL:

ARBOR COUNSELING, LLC
SABRINA ROPP, LPC

614-766-0161

Sept 26, Oct 3, Oct 10, Oct 17
via secure online meeting