

Hi parents!

Do you have a middle school boy who may be experiencing moments of anxiety/depression, not connecting, being inactive, problematic behavior, uneasy feelings, not fitting in, or just navigating their teen hormones? Well you are not alone and neither are they. Boys need activity, esteem-building activities, structure with consistency, emotional regulating, connectedness, and a sense of safety. That's why I am offering an amazing opportunity designed for middle school boys.

I am offering an opportunity for your son to be a part of an all boy small group. Together they will engage in various activities which will allow them to be active, be creative, lead, enhance team building skills, connect to self and others without technology, and more. In addition through these activities they will engage in processing their emotions and feelings in a conscious manor and learn mindfulness techniques.

This group will meet every other Monday for an hour starting September 11 – December 5 from 5:15-6:15. The cost is \$250 which will include all meetings, parent informative messages, journal, and activity supplies.

Spots are limited to 6 boys so don't hesitate to sign up soon. Click the link below.

<https://forms.gle/AAk4MEXcvUTcZCBVA>

Look forward to hearing from you and investing in your son's life.

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