

ACES is a fun six-week workshop, designed to equip GIRLS with helpful skills to feel confident, cope with stress, and relate well with peers

ACES

Achieving Confidence, Encouraging Success



WHO: Girls, Grades 4th & 5th

WHAT: Girls' group focused on building skills to help boost self-esteem and prepare girls to deal with the stress associated with this age

WHEN: Wednesdays, 6-7:30pm
January 25th-February 29th, 2012

WHERE: 1935 Brookdale Rd., Suite 119
Naperville, IL 60563

* Please note that we have recently moved!

COST: \$109 if registered by January 18th
\$129 after January 18th



Formerly NCO Youth & Family Services

TOPICS COVERED

- * Knowing yourself, connecting with others, resisting peer pressure
- * Relational Aggression between girls, (dealing with "unfriendly friends")
- * Inner/Outer beauty, liking who you are and feeling good about yourself
- * Fitting-in and building social relationships with confidence

360 staff will lead the groups and there will be professional guest speakers presenting on the above mentioned topics.



Helping girls confidently adjust to the changing social scene...

Pre-registration is required & space is limited.

*Financial assistance available

Register online at www.360youthservices.org

or contact Kari Wittmann Lata at

630-717-9408 x112 or

kwldata@360youthservices.org