

# Emotional Prep for College

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## How best to prepare your child for college

Six-week group for high school seniors including one parent session. Group will focus on developing social and emotional skills to promote **successful transition to college.**

PROGRAM  
INCLUDES



### PARENT SESSION

- When to panic and how not to!

### TEEN SESSION

- Exploring values and identity
- Mindfulness
- Navigating difficult emotions & experiences
- Encouraging confidence
- Developing a plan for the transition ahead