



**Back on Track**  
Life changing counseling for today's kids, youth and teens

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# Survival Strategies for Back to School

*Helping parents manage the stressors of a new school year*

**FREE**

**August 22, 2015**  
3 convenient times available  
**9 am – 11 am, 1 pm – 3 pm, or 5 pm – 7 pm**  
**Back on Track Counseling**  
354 Senoia Road, Peachtree City

**FREE**

## LEARN

### Managing common back to school stressors for both students and parents

- Coping strategies for stress and anxiety management
- Create a stress-reducing kit
- Preparing your senior for the transition to college
- How to create a resource notebook

### The Essentials of Self Care

- What exactly is self-care and what does it look like in our busy schedules?
- The different categories of self-care (physical, emotional, spiritual).
- What can happen if we don't take care of ourselves?
- How taking care of ourselves helps our kids.
- How to come up with a self-care plan.

### Who is this for?

Parents who are feeling overwhelmed by the start of another school year. Some children find it hard to get organized and complete assignments while others struggle to make friends. These challenges can create stress for both children and their parents. **\*\*\*This workshop is for parents or caregivers only, children should not attend.**

### What can I expect?

Two presentations full of helpful information presented in a fun and laid back environment, a tour of the Back on Track Counseling Center, and time for Q&A with the therapists.

### What's required of me?

Go to [www.wearebackontrack.com/parents/](http://www.wearebackontrack.com/parents/) and register for the time spot you want, then . . . just show up and bring your questions!

### Who's running it?

Back on Track is a counseling practice designed to provide specialty counseling and support services for children, adolescents, teens and their families. Our therapists are specifically trained in the unique area of assessment and treatment of children and young adults. All of our professionals are licensed and have extensive experience supporting children and their families.

**Register Online at [www.wearebackontrack.com/parents](http://www.wearebackontrack.com/parents)**

Places are limited. Registrations close August 15, 2015