

NCO YOUTH & FAMILY SERVICES
(SOON TO BE KNOWN AS *360 YOUTH SERVICES*)

Social Confidence Groups for Youth

ACES (4th & 5th grade)

- separate groups for boys & girls
- 6 week groups (**next one in Jan.**) and 1 night workshops throughout the school year (**next: 12/16**)
- Skill-building for dealing with the changing social scene
- Addresses bullying, relational aggression (unfriendly friends), building confidence, inner vs. outer beauty, fitting in with peers
- Includes parent component on final night of the group

ALLIES (6th-8th grade)

- a 4 part co-ed workshop series running on Friday nights once a month, **starting in January**
- Overall theme is learning how to be a good friend to others and yourself
- Main topics: social acceptance, bullying and self-advocacy, being safe with social media, body image and self-confidence

Aspirations (9th-12th grade)

- a 4 part co-ed workshop series running on Friday nights once a month, **starting in January**
- Aims to prepare teens for the next stage of life by helping them learn who they are now.
- Helps teens answer the questions: Who am I? How do I fit in? Where am I going? What do I have to offer the world?

Middle School Madness (5th grade)

- 4 week group for boys and girls
- Offered in the spring to help kids prepare to deal with the changes that come with starting middle school/jr. high
- Addresses making and keeping friends, academic demands, self-image, and peer pressure.
- Includes parents on final night of the group to teach them how to be an ongoing source of support to their child



For more information or to be put on a notification list,
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