




# SUMMER TRANSITION GROUPS

**IS YOUR CHILD TRANSITIONING TO A NEW SCHOOL IN THE FALL?  
DO THEY HAVE SOME WORRIES ABOUT ATTENDING A NEW SCHOOL?**

*SchoolsPlus in partnership with CBVRCE School Psychology will be offering transition groups for incoming Middle and High School students.*



- Explore healthy coping skills to manage stress and anxiety
- Participate in fun and engaging hands-on activities
- Build relationships with fellow peers
- Become familiar through tours of your new school
- Prepare for a fun-filled school year ahead!

**Space is limited. Registration required.**

**Deadline to register: June 21st**



## Incoming Middle School:

- Beginning the end of July
- Five weeks
- One hour sessions

## Incoming High School:

- Beginning the end of July
- Four weeks
- Two hour sessions

**For more information or to register for the Glace Bay or New Waterford groups please contact Kerri Fernandez at (902) 849-2142**