

TOPS

Teen/Tween Organization, Planning and Study Skills Group

A fun group for learning academic study skills and building independence

Skills include:

- Goal Setting
- Time Management
- Material Organization
- Planning Ahead
- Procrastination
- Reducing Distractions
- Study Skills
- Staying Focused and Engaged in Class
- Reaching Goals and Reducing Academic Anxiety

8 Evening Sessions

Prizes included

Skills work with current homework and academic goals

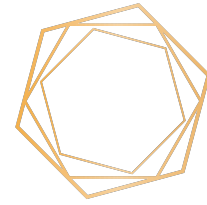
When: After school on Tuesdays or Wednesdays

Who: Middle schoolers group and high schoolers group

How much: \$50/session

Where: Capital OCD and Anxiety Practice
8500 Shoal Creek
Building 4 Suite 201A

Please email Toni Elkins at info@capitalocd.org to inquire.



CAPITAL OCD
& ANXIETY PRACTICE