

## **Ready, Set, School:** Preparing Middle School *<* Students for a Successful Year



## What are your kids doing this summer?

Compass developed **Ready**, **Set**, **School**, a new program designed to support your child during the challenging transition back to school from summertime. This program addresses the stress, anxiety, and emotional challenges that can arise from changes in routine, academic pressure, social adjustments, body and identity changes, and technology overload. Through evidence-based therapy modalities and a multidisciplinary approach, Ready, Set, School provides students with an inclusive and supportive environment and equips them with the necessary skills to not only navigate this transition successfully but *thrive*.



**Program Information** Grades 6-8 Program starts: July 31, 2023, Rolling Admission

## Family support is a crucial component of our program.

We offer dedicated family coaching and provide you with the skills to effectively support your child's development. You will learn effective strategies for setting limits, supporting your child's growth, and creating a structured environment that promotes success.

## Ready, Set, School addresses key challenges commonly faced by middle school students.

If your child has trouble sustaining friendships, struggles with screen time management, has trouble tolerating discomfort or navigating transitions, lacks adaptability, needs support in structuring their time, or could benefit from improved task orientation and rule acceptance, our program is here to help.

	Program Focus Positive peer interactions	Areas Following directions	Time management	Making responsible choices	Balancing screen time
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For more information or to enroll in our Ready, Set, School program, please contact us at 877.552.6672. Our team is prepared to support you and your child on this exciting path towards a successful school year.

compasshealthcenter.net

**&** 877.552.6672

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Chicago

Northbrook

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Virtual