

MIDDLE SCHOOL READINESS

Summer Intensive

Middle school is a whole new world. Let's make sure they're ready for it.

Every middle schooler deserves to walk into the school year feeling ready. Most don't get the chance to practice before September arrives.

I've spent over two decades inside schools and alongside kids. I've been in those hallways and know what they need! I built this program around what middle schoolers are actually navigating.



Vanessa De Jesus Guzman, LPC, NCC

Board Certified Licensed Therapist · Retired Teacher & School Counselor · Free to Be Mindful Owner

Therapeutic and Skills Based Social Skills and Executive Functioning Program

A therapist-led small group experience for incoming and current middle schoolers, grades 5-8. Max 6 kids per group for a personalized experience. We focus on what actually matters in middle school:

**Social Skills
&
Friendship**

**Stress &
Emotional
Regulation**

**Organization &
Executive
Functioning**

2 In-Person Options

Summer Mondays

July 6th - August 17th (skipping July 27th)
4:00PM - 5:30PM

OR

Week in August

August 24th - 27th
10:00AM - 12:00PM

Investment of \$725 · Structured Payment Schedule Provided

1 Complete the Interest Form



2 Book a Free 15-min Consultation Call

3 Once Groups are Confirmed, Schedule Parent Intake



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Middle school doesn't have to be something they just survive.