

## SCHOOL ASSEMBLIES

*Appropriate for 5<sup>th</sup>-12<sup>th</sup> graders*

Cornerstone of Hope LIMA will send a representative to hold a Resilient Teen interactive assembly with individual or combined grade levels. Representatives are licensed professional counselors with great experience equipping middle school and high school students with practical skills to manage stress, anxiety and depression that they can apply now and for years to come.

- Best time frame: 40-45 minutes
- Cost: \$450/per assembly includes professional facilitator and materials
- Students will need a pen or pencil and room to write



\* Photo taken by Richard Parrish-Lima News

## IN-SCHOOL GROUPS

*Appropriate for 5<sup>th</sup>-12<sup>th</sup> graders*

Following the assemblies, 6 week groups will be offered to students at the school during the school day. The goal of this group is to enhance students' social emotional learning. Students will learn:

- \*How their brains and bodies are wired to process stress*
- \*Positive coping strategies and how to implement them*
- \*How to apply their strengths to challenges they face*
- \*How to develop healthier outlooks*
- \*How to manage friendship struggles*
- \*How to live with resiliency*
- \*That they are not alone*

- Best time frame: 30-40 minutes
- Amount of students/group: 8-10 max
- Cost: \$750/group includes professional facilitator and materials

## PROFESSIONAL IN-SERVICE

Cornerstone of Hope LIMA provides in-service training for school professionals. A licensed professional counselor from Cornerstone of Hope will provide training that includes the following:

- \* Education for school professionals about the brain and how it processes stress, anxiety and depression*
- \* Equipping school professionals with tools to manage personal stress, anxiety, and depression*
- \* Provide school professionals with language and techniques to help students process stress, anxiety and depression in healthy ways*

- Cost: \$150 per hour





A PLACE OF HOPE FOR  
CHILDREN, TEENS AND ADULTS

For more information on Cornerstone's services or to schedule a school program please contact our office.

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Email:

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Website: [Cornerstoneofhopelima.org](http://Cornerstoneofhopelima.org)

 @COHChristianCounseling

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(in the Ameriprise Financial Building behind Dairy Queen  
off of Shawnee Road)

## ABOUT CORNERSTONE OF HOPE LIMA COUNSELING SERVICES

Cornerstone of Hope is a non-profit, faith-based counseling center that seeks to bring hope to children, teens and adults in the Greater Lima Area. We serve people struggling with needs such as abuse, divorce, grief, anxiety, depression, addiction, trauma and a myriad of other challenges. We meet people where they are and extend hope through individual counseling, marriage and family counseling, numerous groups, as well as unique events and trainings in the community. Such topics include:

- Abuse
- Addiction
- Divorce Recovery
- Grief
- Marriage Counseling
- Pre-Marital Counseling
- Parenting Support
- Post-Traumatic Stress Disorder
- Stress Management
- Trauma
- Additional Mental Health Concerns

For more information on our current groups, trainings and events, please contact our office or visit our website.

## RESILIENT TEENS SCHOOL PROGRAM

*Equipping students with  
practical skills to manage their  
stress, anxiety and depression!*

