



Life Prep Counseling

PRESENTATION OFFERINGS

**Choose between 1 & 2 hours
for the following topics:**

- School Avoidance/Anxiety
- Body Image and the Media
- Deepening Therapy
- Self Injury & Social Media
- Trauma in Schools
- Mental Health in the Classroom
- Counseling Children & Teens
- Working with Anxiety/Trauma
- Grief Counseling
- Mindfulness & Selfcare
- Parenting Strategies
- Building Resiliency in our teens

Request a presentation online at:

www.lifeprepcounseling.com/presentation

or call 732-497-8895



**Please schedule
your training
at least 1 month
in advance**

**NBCC ACEP
Continuing Education
Provider #6967**

