

# Launching to College Group

## Skills for making a smooth transition to college

Amy Luzar, LISW-S and Laura Rocker, MD - Group Leaders

This group is designed for graduating high school seniors to prepare them socially and emotionally as they launch to college in the fall.

### Modules:

**Self-management** - Includes both practical (waking up, taking medication, setting appointments) and emotional (stress management techniques).

**Relationships** - Managing new and old relationships using role play and teaching communication skills.

**Substance Use/Abuse** - Knowing the risks and making informed and safe choices. Learn how to get help for self and others when necessary.

**Parent-child together session** - How to navigate the changing relationship. Make a plan together for how to communicate about grades and finances, and how involved parents will be on a day-to-day basis.

Dates: June 26, July 12, July 26, August 2 90-minute class

Time: TBD Place: 19910 Malvern Rd. Shaker Hts., OH. 44122

Contact:

[amyluzarlisw@gmail.com](mailto:amyluzarlisw@gmail.com) (216) 973-9976

[amyluzar.com](http://amyluzar.com)

[lrocker@laurarockermd.com](mailto:lrocker@laurarockermd.com) (216) 765-3220

[laurarockermd.com](http://laurarockermd.com)

Program cost: \$600.00 for 4 ninety minute modules (\$150 per class)

