

## **NEW! HELP Clinic 3<sup>rd</sup> Quarter Groups 2025**

Olathe Public Schools **HELP Clinic** is offering groups starting in January 2025. All groups are located at the **Mill Creek Campus at 300 E Loula Street** in downtown Olathe. Please note that **HELP Clinic** is closed the week of parent teacher conferences and Spring Break. The **HELP Clinic** will also be closed if there is an inclement weather day.

### **Life Skills: 3<sup>rd</sup> and 4<sup>th</sup> Grades**

Tuesdays: 4:20pm – 5:00pm

Dates: 1/21, 1/28, 2/18, 2/25, 3/4, 3/11, 3/25, 4/1 and 4/8

The Botvin *LifeSkills Training* program is a comprehensive, dynamic, and developmentally appropriate substance abuse and violence prevention program designed for upper elementary school students. This highly effective curriculum has been proven to help increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. *LifeSkills Training* is comprehensive, dynamic, and developmentally designed to promote mental health and positive youth development.

### **Life Skills: 5<sup>th</sup> and 6<sup>th</sup> Grades**

Tuesdays: 5:05pm – 5:45pm

Dates: 1/21, 1/28, 2/18, 2/25, 3/4, 3/11, 3/25, 4/1 and 4/8

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### **Girls' Group: 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> Grades**

Tuesdays: 5:15pm – 6:00pm

Dates: 1/28, 2/4, 2/18, 2/25, 3/4 and 3/11

This 5th-7th Grade Girls' group will focus on enhancing social and emotional development. Possible topics may include: Cultivating healthy friendships, making healthy choices, tackling unexpected challenges, positive body image, self-esteem & stress management.

Click on the link to sign up: <https://forms.gle/v1EToACcHiaLt3kP9>

