



GOOD MENTAL HEALTH

COUNSELING & COACHING

Educational Support for Children & Teens

Sometimes children experience limited success at school due to emotional issues; and

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Academic performance, peer relationships, behavioral issues, and emotional regulation are so intertwined that a child may not be able to achieve academic success unless all facets are addressed together. With educational counseling, we seek to collectively address all of these areas to best support our students in meeting their academic goals.

Based on principles of cognitive psychology, students will learn to:

- *Study smart versus hard.*
- *Effectively use the “computer” that is their brain for more productive learning.*
- *“File” their learned information efficiently, resulting in easier retrieval (and higher test grades) later.*
- *Anticipate test questions and testing conditions to reduce anxiety and decrease stress.*
- *Feel empowered and confident in their abilities.*
- *Enjoy learning again!*

Provider:

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Good Mental Health, LLC

Counseling and Coaching
For Children, Teens & Adults
www.GoodMentalHealthLLC.com
904-419-7435

Session Information:

Session length: 55 minutes
Cost: \$45 per session
Series of 6 sessions: \$250 paid in full

For More Information Call: 904-419-7435 or Email: Hello@GoodMentalHealthLLC.com