

**New Offerings from Julie Stitt, M.ED.**  
*Certified Prevention Consultant and Teacher*

# Skill-Building Groups *for* **Children *and* Teens**

COMMUNICATION  
PROBLEM-SOLVING  
DECISION-MAKING  
SUPPORT

*In cooperation with*



Julie Stitt is a state-licensed prevention consultant, teacher and social worker, and her company, AA QualityWorks, has a substance abuse prevention license. She received her Masters Degree from Wayne State University in Educational Psychology, and has done training with school staffs, parents and youth for over twenty-five years. Stitt has supervised services at crisis intervention and learning centers; directed a variety of programs in elementary, middle and alternative schools; taught English as a second language; and established district-wide peer mediation programs serving K-8th grades.



*Groups led by*  
**Julie Stitt, M.Ed.**  
Certified Prevention Consultant  
and Teacher  
aaquality@comcast.net

Her experience in crisis intervention and mediation with groups of adults and young people has led her to make social adjustment and peaceful problem-solving skills her focus. She authored *The Parenting Tightrope: A Flexible Approach to Building Self-Esteem* for parents, and has supervised implementation of *The Nurturing Program*, by Dr. Steven Bavolik, with teen parents. She has also authored or co-authored the following life skills curricula:

*Watch Me Grow*

An asset-building program for elementary school students;

*Project Self*

An asset-building program for middle and high school students;

*Healthy Peer Relationships*

A classroom program promoting a healthy school atmosphere;

*Our New Family*

A program for families experiencing separation or divorce.

Ms. Stitt does workshops for businesses, human service personnel, educators, parents and students on a variety of topics including: diversity, suicide prevention, bully-proofing, gender differences, the grieving process, and effective communication skills.

## For Middle and High School Youth

### Social Adjustment

Building skills that support forming healthy peer relationships, communicating with adults effectively, managing anger appropriately, and solving problems in constructive ways.



### Anger Management

Increasing understanding of 1) triggers that lead to conflict, 2) empathy, 3) methods for de-escalating conflict, 4) mediation, and 5) conflict prevention.



### Coping with Changing Families: Separation or Divorce

Learning a variety of ways to deal with the emotional and physical changes which are inevitable when there is a divorce or separation in a family.

## For Elementary School Youth

*(8–11 years old)*

### Getting Along with Brothers & Sisters

Building skills that support self-confidence, respectful interaction, peaceful problem-solving and family fun.

### Our New Family:

#### Coping with Separation or Divorce

Learning a variety of ways to handle the changes in families that happen during a divorce or separation, including differences in feelings, routines, living and visiting arrangements, and availability of support.



### Social Adjustment

Building skills that support forming healthy friendships, having two-way communication with parents, managing angry feelings effectively, and solving problems in helpful ways.



## How It Works

*Each group session will have structured activities and time for discussion. There will be four to six people per group, and each group will meet for an hour and fifteen minutes weekly. New group members may be brought in periodically at six-week intervals, but group numbers will never exceed six. A minimum commitment of six sessions is requested. Continued participation in the group will be decided by Ms. Stitt and the participant. Confidentiality is required of all group participants.*

*For further information, call the*

*Michigan Family Institute:*

*248 593-4784*

## For Any Student

### Tutoring

Julie Stitt, a certified K-8th grade teacher, is also available to tutor individuals or small groups (two to three students) by arrangement.

*In cooperation with*



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