

Thrive Family Counseling
proudly presents:

Unlocking YOUR Potential

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Presented by Brent Crane, LMFT. Brent is a licensed family counselor who has spent the past 19 years teaching teens and young adults skills to unlock their potential, overcome personal roadblocks and build more positive relationships with both parents and peers. Brent has presented in local, regional, national and international events. Now that he has moved back to Texas, he is happy to share his experience and expertise with his alma mater.

Unlocking YOUR Potential Camp

What is it?

One week to learn foundational skills for unlocking your potential & achieving peak performance as taught by Dr. Pawliw-fry (Michael Jordan's performance coach).

What will you be able to do?

- ❑ Improve ability to perform under pressure
- ❑ Gain skills to recognize & manage your reaction to stressful situations
- ❑ Learn more effective skills for achieving your goals
- ❑ Help others to see and accept your point of view
- ❑ Practice skills through daily application activities
- ❑ Understand the role of positive relationships in achievement
- ❑ Build relationship with other like-minded teens

When will this happen? July 26- 30, 10:00 am - 12:00 pm for 11-13 year

July 19-23, 10:00 am - 12:00 pm for 14-17 year

Where will this happen? Highlands Park (Next to Highlands elementary), Sugar Land, Tx. 77478

What will this cost? \$250 (10 hours of camp experience)

- ❑ Two scholarships are available, based on financial merit & letter from school counselor
- ❑ SPACE IS LIMITED! Register today by calling (281)937-4133

