



January 11, 2021

Dear Parents, Counselors, and Educators,

Social isolation during this Covid-19 pandemic has not been easy for anyone, but it has been particularly difficult for teenagers. There have been so many disappointments as vacations, graduations, team sports, camps, college visits, and other significant life events have been postponed or cancelled. Many kids are struggling with anxiety, fear, sadness, worry, despair, stress, seclusion, and even feelings of depression. They need more support. More than ever, it is important to help them find alternate, creative, and safe ways to feel connected. They need to “belong” and be a part of a safe environment where they can share their feelings, their experiences, and be **validated**. They need to understand that they are not alone in these uncertain times.

The ***Dale Carnegie Course for Teens*** will provide them with a platform to express themselves and be supported in a comfortable, caring, and non-judgmental environment. At the same time, teens will gain self-confidence, improve communication skills, develop leadership skills, strengthen relationships while building people skills, and manage stress and worry.

As a certified Dale Carnegie instructor for the teen course for over 25 years, I have seen teens grow, thrive, and take control of their attitude, as well as their life, in just a short amount of time. The results have been life-changing! As a counselor, I recommend this course to students, regardless of where they are in life, knowing that it can transform them into more of the person they want to be. Their appreciation is overwhelming. This course is designed for *any* teen who would like to get ahead and be more of the person they want to be.

If you have any questions or concerns, please contact me immediately. This is the only course of its kind available at this time. Our schedule for the rest of this year is uncertain. If you are interested in having a class at a location nearer to you or at your school, this may be possible. Please give me a call and we can discuss options.

Contact me directly for more information or to enroll. The cost for this course is \$1495. There is very little outside homework required. This class will adhere to Covid-19 regulations (over). For class dates, please see reverse side.

Sincerely,

Kathy Tosoian, MA, LPC

Director of Educational Services & Youth Development

Dale Carnegie Training offered by Will Enterprises, Inc.

Masks: Trainers, graduate assistants, and students will be wearing masks (with a smile underneath) 😊. Students, please bring your own mask. If you forget, I will have some disposable masks with me.

Temperature: A member of the Dale Carnegie team will take everyone's temperature, with a non-contact infrared thermometer prior to entering the classroom. Anyone with a temperature of 99.5 degrees or higher will be asked to make up the session when their temperature is lower.

Sanitizing: We will have hand sanitizer. If you prefer to use your own sanitizer, you may. Frequent sanitizing is highly encouraged.

Space: Chairs are placed 6 feet apart from other chairs. Social distancing will be urged at all times.

Food/Beverage: I will not be supplying food or beverages at this time. Even though "sharing is caring" - do not bring anything to share with others - only for yourself. Feel free to bring bottled water, snacks, a sandwich, etc. for yourself if you would like to. Any beverages must have a screw-on cap to avoid spills.

Restrooms: Restrooms are just down the hall. Students may leave to use the restroom as needed, but no more than 2 people may occupy the bathroom at the same time.

Schedule:

The 8-week course (meets once a week) will take place on Tuesdays from 4:30-8 p.m. There will be an Orientation for new students and parents on Tuesday, February 9 from 6-7:30 p.m. The class dates will be as follows: February 23, March 2, 9, 16, 23, 30, April 13, 20. We will skip February 16 and April 6.

You must RSVP to attend the Orientation! Space is limited!

Brother Rice is located at 7101 Lahser Road in Bloomfield Hills.