

Middle School Tutoring Group

Support for Sixth and Seventh Graders



Middle school can be a big transition for kids as they face many changes during this time. While junior high can be an exciting time for children, it can also cause anxiety, confusion, or stress as they learn to navigate the complexities of classes, homework, tests, teachers, extracurricular activities, and friendships.

Smart Love's Middle School Tutoring Group is designed to help children in sixth and seventh grades by providing a space for them to discuss what is on their minds. Our therapeutic tutor will provide discussion topics and activities that encourage conversations between the middle schoolers to help them to identify and address any emotions they may be experiencing. During the groups children will also be able to work on and get help with any homework they bring to the meeting.

When children are supported in this manner, they develop the skills needed to handle the ups and downs of middle school.

Some topics the group will explore include:

- Getting and staying organized
- Handling extracurricular activities
- Creating a homework routine
- Making friends in middle school
- Managing stress
- Communicating with teachers

The Smart Love approach was developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., and is described in their book *Smart Love*. Smart Love provides counseling for children and families based on the Piepers' therapeutic approach, Inner Humanism®. Therapeutic tutoring and assessments as well as parenting programs are also offered. The Natalie G. Heineman Smart Love Preschool provides programs for two to six year olds, and parent and child classes. © 2022 Smart Love Family Services is an Illinois-based 501(c)(3) nonprofit organization.

Space is Limited
Contact Us Today!



Alison Pildner
Therapeutic Tutoring Coordinator

To register or for more information, please contact Alison Pildner
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Location
Smart Love Family Services
1010 Lake Street, Suite 500
Oak Park, IL 60301

Schedule
Mondays from 6:00 to 7:00 p.m.

Cost
Package pricing

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Chicago Location: Natalie & Ben Heineman Smart Love Center, 2222 N. Kedzie Blvd., Chicago, IL 60647
Oak Park Location: 1010 Lake Street, Suite 500, Oak Park, IL 60301