

# THE HONOR PROGRAM

The Honor Program is a weekly group for middle school boys. The purpose of the group is to foster character and self-awareness in adolescent boys as they grow into men. The group will help the boys manage emotions, respond effectively as opposed to reacting impulsively, promote accountability for self, identify personal strengths and ultimately build relationships that will serve as a prosocial model for interactions outside of our group.



## Group meets Thursdays 3:30 p.m. - 4:30 p.m.

750 West Hampden Avenue, Englewood, CO 80110

### Boys in group will learn:

- Emotions and Healthy Expression
- Responding vs. Reacting
- Problem-Solving
- Healthy Competition
- Respecting Others and Yourself
- Character Building: Honor, Integrity, Leadership, Teamwork, Commitment, Duty

### Call or email Christina to set up a free phone consultation!

Cpavlov@ccdenver.org or 720-336--8388

### About Christina Pavlov



I have facilitated group therapy for all ages, with a special interest in adolescent male development. The Honor Program pilot group was held at a Catholic school in Colorado, with large success in promoting healthy problem-solving, emotional

identification, effective communication, and overall increases in other and self-respect in middle school-aged boys. It is because of this progress that I have decided to reintroduce the group in a clinic setting. In group, I enjoy playing games and getting a robust discussion going around what the guys are experiencing, from their viewpoint. A typical group with me may involve conflict to be worked through, discussion around struggles that occur at home or at school, fellowship, and of course a healthy dose of comedy. It is my hope that when a member "graduates" from the Honor Program, he leaves with a greater sense of self, and an idea of the man he wishes to become.



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