

## Looking to help your child improve mental health, motivation, and social connections?



### Help your teen *feel* better and *do* better

If your teen is struggling with anxiety, low mood, loneliness, or unhealthy distractions (like screen time), you are not alone! Over 57% of teens report these struggles are impacting their ability to focus and learn. As a parent or caregiver, it's often hard to know how to help. EmpowerU helps students learn the skills they need to overcome their challenges and thrive!



6 week course // HSA and FSA Eligible!

\$199

### A Proven Resource to Build Student Wellbeing

Your school district has vetted this program – and is offering families an opportunity to enroll your student in EmpowerU - a program that will help your high schooler learn vital skills to become more self-directed, motivated, focused and confident. EmpowerU's Personal Empowerment and Resilience program is an easy-to-use and affordable program that combines online skill-building lessons with 1:1 instructor support that helps students make progress on their goals.

*"My greatest improvement is taking back control of my thoughts. This course genuinely showed me a new way of life. It means so much that I had the opportunity to take it at such a low point in my life."*

HIGH SCHOOL STUDENT

### How it works

#### 1. Access:

Each fun 15-20 minute lesson is accessed independently online.

#### 2. Daily Work:

Your teen will complete 2-3 lessons per week over a 6-week period (18 in total).

#### 3. Support:

EmpowerU instructors provide daily online coaching to help your teen connect core concepts to their life and goals.

#### 4. Monitor:

You can monitor your teen's progress on your live caregiver dashboard with weekly updates.

#### 5. Expectations:

Make a plan with your teen about where and when they will complete this important work.

#### 6. Concepts Learned:

Course concepts are designed to help your teen make positive changes and build resilience!

**TO LEARN MORE, VISIT:**

[https://my.empoweru.education/hs\\_ms\\_register](https://my.empoweru.education/hs_ms_register)