



# MENTAL WELLNESS AND PERFORMANCE CONSULTING

[www.eastquaker.com](http://www.eastquaker.com)

## Individual and Group Sessions for Children, Teens, and Adults

Mental Wellness and Performance Consulting helps improve social, emotional, and behavioral skills through techniques derived from positive psychology, applied sport psychology and cognitive behavioral psychology. These mental health and wellness management tools are designed to give children, teenagers, and adults the social, emotional, and behavioral skill sets they need to manage life stressors and feel better overall.

Boost Self-Confidence  
Enhance Self-Esteem  
Conquer Anxiety and Worry  
Defeat Depression and Sadness  
Rewire Your Negative Thinking  
Become Mindful  
Learn To Be Resilient  
Become Fearless  
Stay Positive  
Manage Anger Constructively



**REGISTER**

- [cbell@eastquaker.com](mailto:cbell@eastquaker.com)
- 716-539-9232, ext 1104