

FREE WELLNESS WORKSHOP

Sponsored by LakeCities Ballet Theatre

Grace Under Pressure: Tackling Bullying in our Community

When: Saturday, August 17th

Time: 1:30-2:30pm

Where: Ballet Conservatory

Who: BC students (5th grade and up)

Parents are also invited!

Join us for a meaningful and empowering 1-hour presentation created specifically for our BC dancers 5th grade through high school. Led by Leslie McReynolds, a licensed professional counselor, and former Ballet Conservatory/LBT2 mom, "Grace Under Pressure" tackles the crucial issue of bullying within our community, in our schools, at the studio and online. Learn how to identify, address, and prevent bullying while fostering a supportive and respectful environment. Let's start the new school year by addressing the tough issues unique to dancers and move with dignity!

Leslie McReynolds is a Licensed Professional Counselor-Associate, supervised by Dr. Lisa Grubbs, based in Flower Mound, TX. She specializes in helping people break unhelpful, unhealthy cycles of anxiety, trauma, and grief. Working with families, couples, and individuals ages 11 and up, Leslie uses nurturing, insightful, and practical approaches to help her clients heal, grow, and transform. She is currently accepting new clients. You can find her at Flower Mound Counseling, www.flomocounseling.com, or at www.lesliemcreynoldscounseling.com



Leslie McReynolds Counseling, LLC
Helping you heal, grow, and transform

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Flower Mound Counseling
www.flomocounseling.com

LBT is a not-for-profit organization committed to the health and well-being of the dancers in our community.

www.LakeCitiesBallet.org

