

The Whitfield Historical Foundation



Presents

Candice E. Cox / K.H.A.O.S. Inc.

As the face of our Mental Wellness Program

WE STRIVE TO MAKE A DIFFERENCE

Our goal is to assist individuals with overcoming barriers that prevent them from living out their purpose. We believe that all individuals are experts of their own lives and often only need a little support to reach their goals.



ORGANIZED KHAOS – KIDS HEALING AND OVERCOMING STRESSORS

ORGANIZED KHAOS is a life skills group that provides an opportunity for character development. This program is designed to decrease the amount of negative behaviors exhibited by adolescents that are associated with poor social and coping skills by training and implementing appropriate anger management and social skills. These skills are introduced in a group setting to provide a platform for peer education. The children participate in group sessions for one hour a week. Through hands on activities, role-playing, group discussion, and community involvement, the children will have several opportunities to practice and master learned skills.



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Organized K.H.A.O.S.

Programs by

Candice E. Cox, LCSW



Conflict Resolution and Coping Skills

Participants gain an understanding of appropriate conflict resolution and coping skills.



Substance Abuse Awareness and Effects

Students will learn the negative effects of drugs on one's overall life.



Peer Pressure

Participants will understand how peer pressure can affect decision-making.



Values and Decision Making

Students learn values and the correlations between good decision-making and values.



Self Esteem and Self Image

This session creates an environment for participants to identify and verbalize positive things about themselves.



Strengthening the community...

One family at a time!

Each course has been carefully outlined to be effective in building character and life skills of each participant. Students will engage in fun and creative icebreakers, role-plays, hands-on activities and more!