



Personal Empowerment Program
Providing youth tools for success



DIXIE MIDDLE SCHOOL
-EAGLES SOAR-

CLASS SCHEDULE

➞ DMS 2025-2026

OCTOBER

- Self-Image & Self Improvement (Botvins)
- Making Decisions (Botvins)
- E-Cigarettes/Vaping (Botvins)
- Marijuana (Botvins)

NOVEMBER

- Marijuana (Botvins)
- Coping w/ Anxiety (Botvins)
- Coping w/ Anger (Botvins)
- Communication skills (Botvins)

DECEMBER

- Social Skills (Botvins)
- Assertiveness (Botvins)
- Resolving Conflicts (Botvins)

JANUARY

- Refusal skills
- Stress Management
- Asking for Help
- Boundaries

FEBRUARY

- Self-Care
- Resiliency
- Presentations
- Interviewing for Job

MARCH

- Stress Management & Self-Care
- Problem-Solving
- Resume building

APRIL

- Support System Development



FOR MORE INFORMATION, CONTACT THE
PEP FACILITATOR STETSON ON THURSDAYS

OR CONTACT DMS COUNSELING CENTER