



AVA SCHLESINGER, LCSW

Beyond Mechanics:

Teens explore Love, Sex, and Choice

Beyond Mechanics takes over where many schools and parents leave off. We are often afraid an open dialogue about sex and sexuality is equivalent to condoning sex -- this workshop is founded on the fact that information is NOT permission. But, knowledge and self-awareness does increase power and helps make choices about sex more of a sacred exploration. Ava speaks to the kids about the emotional aspects of sexuality and relationships. She gets the kids engaged in an honest discussion about curiosities and fears, validating typical experiences that occur once hormones start flooding kids' brains with additional discussions about the impact of media and internet safety.

Girls to Women/Boys to Men

Embrace Excellence

Boys and Girls and Men and Women are not the same. We've known that all along, but modern brain-science proves it. Girls to Women/Boys to Men normalizes the continuum of development and invites teens to take what nature has given them and use it wisely in an effort to maximize their potential.

Based upon her own experience as a parent and social worker and the seminal work of Michael Gurian PhD, Daniel Amen MD, Daniel Siegel MD and others, Ava inspires boys & girls to integrate their environment AND their genes as they negotiate the path toward wholeness, success and excellence. Kids find comfort and direction in realizing they are perfect just the way they are, are generally just like many of their peers and can confidently take charge of who they become in their adult lives.

For over 12 years, Ava Schlesinger, a Licensed Clinical Social Worker, has been in private practice. Specializing in the treatment of Trauma, Ava was often charged with helping her patients recover from abusive and neglectful childhoods. 4-years ago she opened Terra Sky Center for Wellness in Summit, NJ with the vision of developing a community of like-minded people who were in pursuit of wellness and wholeness, with a focus on renewal, relaxation and personal growth. As she watched stressed out moms, dads and teens attend the programs and classes at Terra Sky, she became acutely aware of a void. Parents desperately wanted to parent from a place of excellence and have meaningful relationships with their kids, and kids wanted to have the time and space to become self-aware and aim for their highest potentials without being run ragged and without feeling misunderstood.

In an effort to respond to this void, Ava refocused her passion for service toward prevention and potential rather than recovery. She now delights in working with groups large and small. Ava teaches parents how to integrate contemporary understandings of gender-based brain research with good, solid parenting and she works with teens using the same foundation, helping them to understand why they feel the things they feel, think the things they think and do the things they do.

For speaking engagements, please contact us at info@projectnextgen.com or (973) 736-6558.

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