COOL, CALM AND CONNECTED

“Life is 10% what happens to us and 90% how we react to it.” – Charles R.

Join us for our 8-week Emotional Regulation group designed for both children and parents to learn more about supporting children when they become dysregulated. This psychoeducational program involves two groups: one for children and one for parents. Come learn more about:

* The developing brain
* How our senses affect our emotions, thoughts and actions
* What it means to be in and out of our “Green” pathway
* How to track our body sensations to calm our minds and bodies
* And more!

Starting Friday, September 6th, 2019 to November 1st, 2019

Group 1: kids ages 6-8 from 4:30-5:30 pm
Group 2: kids ages 9-11 from 5:45-6:45 pm

For more information:
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