

Thursdays 6-7pm!  
Starting September 7

# Mindful Friends!

Social-Emotional Skills Group for 1st thru 4th Graders

Would your child benefit from increased confidence in making and keeping friends? Would you like to see them improve how they manage their feelings, so they enjoy their relationships with others? Our 16-week Group is a great place to learn and practice new skills with supportive peers. How wonderful for kids to learn to use mindfulness while still in elementary school!

## Mindful Friends Skills:



- ❖ Handling Worries
- ❖ Paying Attention
- ❖ Problem-Solving
- ❖ Managing Frustration
- ❖ Understanding Others
- ❖ Perspective-Taking
- ❖ Coping With Peer Pressure
- ❖ Celebrating What We've Learned

Please contact the practice to register.

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