

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 interactive group is a great place to learn and practice new skills with supportive peers. How wonderful for kids to acquire mindfulness skills while still in elementary school! Each group includes a Parent component to support practice outside of group!

Mindful Friends Skills:



- ❖ Managing Emotions
- ❖ Identifying Others' Emotions
- ❖ Identifying Size of Problems
- ❖ Cooperative Play and Turn-Taking
- ❖ Social Skills
- ❖ Perspective-Taking
- ❖ Reciprocal Conversations
- ❖ Practicing Coping Skills

Group begins Thursday 2/15/24 from 6:00 – 7:00 pm

Please contact us to register. Insurance Accepted. In-Network BCBSIL PPO.

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