



**7 Weeks of group and  
1 parent check-in**

**8 week**

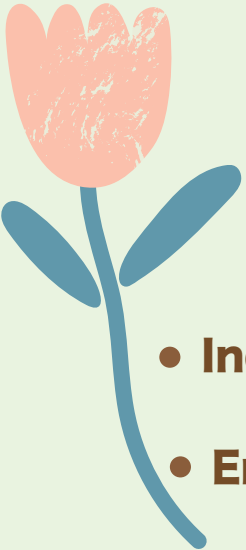
# **Elementary I Social Skills Emotional Awareness Group**

**Ages 6-8**

**Tuesdays 5:45-6:45pm**

(Sign up soon! Maximum per group is 8)

**This group will help your child:**

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- Strengthen coping skills.
  - Increase self awareness and self reflection skills
    - Improve self esteem
  - Enhance social skills/ navigate social situations.
    - Express difficult feelings,
    - Explore empathy, and
  - Increase frustration tolerance.

(Week 8: Parent check-in to see how your child is progressing)

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