



SUPERHERO TRAINING ACADEMY

**A CBT-BASED CONFIDENCE & COPING SKILLS
GROUP FOR KIDS, AGES 7-10.**

CALLING ALL SUPERHEROES! THIS 5-WEEK COUNSELING GROUP USES ART AND PLAY THERAPY ACTIVITIES TO TEACH REAL-LIFE SUPER-POWERS JUST FOR KIDS. KIDS LEARN COPING SKILLS, SELF-ESTEEM, AND RELAXATION TECHNIQUES IN AN ENGAGING GROUP SETTING.

OTHER TOPICS COVERED INCLUDE:

- ♦ IDENTIFYING EMOTIONS
- ♦ COPING SKILLS FOR ANXIETY, ANGER, AND OTHER BIG FEELINGS
- ♦ PROBLEM-SOLVING ACTIVITIES
- ♦ YOGA & RELAXATION GAMES FOR KIDS

WEDNESDAYS

5:30-6:30PM

FEBRUARY 20

FEBRUARY 27

MARCH 6

MARCH 13

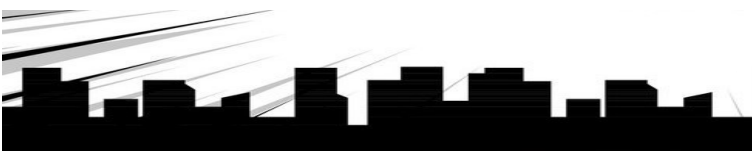
MARCH 20

FOR MORE INFORMATION OR TO
REGISTER YOUR CHILD FOR THIS
COUNSELING GROUP,
PLEASE CONTACT:

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CHILDREN'S ADVOCACY CENTER