

Are These Feelings Even Mine??



Identifying and Communicating Feelings

Workshop

Ages: 7-9 Year Old

4 Weeks

9:30-11am

September 17th and 24th,

October 1st and 8th

Maximum 8

This feeling workshop will provide 4 weeks of exploration, identification, and personal strategies for kids aged 7-9 years old. The adversity of the world today has impacted our children in ways we have never seen before. Learning how they experience and feel about the world - rather than simply accepting others' interpretations - are critical steps towards ensuring their mental well being. This workshop series will be an opportunity for kids to learn about processing their own interpretations and feelings, which is vital to their development. Labeling and owning their own feelings, identifying others' feelings, communication skills and management strategies will all be taught.

The group will be facilitated by Sarah Martin, MA, LPC and Mary Trovato, MA, LPC. We will use mindfulness, cognitive structuring, storytelling, games, and more! Support and guidance will be provided upon completion of the 4 consecutive weeks.

Note: The four weeks are designed to compliment and build upon each other. As such, it is highly recommended that children are able to attend all four sessions before registering.

Registration and questions can be directed to Lauren Brymer at 21reflections@gmail.com