

EMOTION EXPLORERS

FACILITATED BY LIZ CRAIG,
MSW CANIDATE

FOR CHILDREN STRUGGLING WITH:

- Anxiety
- Mood and Feeling Out of Control
- Emotional Regulation
- Self-Esteem

**JOIN OUR ONGOING
GROUP TODAY!**

\$25 per group

**FOR CHILDREN AGES 6 TO 11
TUE 4 TO 5 PM**

(AGES 6-8)

WED 4:30 TO 5:30PM

(AGES 9 TO 11)

Group Meets In Person:

Transitions Counseling Services, Inc.
65 Holbrook St, Norfolk MA 02056

★ GOALS ★

- Recognize and communicate emotions
- Find ways to manage big emotions
 - Size of the problem
 - Scenarios
 - Games and activities to make emotion exploring fun!
- Build a "tool box" of coping skills



Scan Here for More Info
And to Register!

