

**Wednesdays 4:00–
5:00pm**

TVP Behavioral Health Groups

Social Emotional Skill Building

This group will be play and activity based including: bibliotherapy (reading coordinating books and activity), activities, art therapy, peer relations, etc. We will focus on emotional regulation, interacting with others, how to express needs and wants, how to see and hear other's needs and wants, mindfulness, coping skills, deescalation, what to do when: in common hard situations for the age group. [Each session will have a topic and age requirements.

Jan 11th (A) – Naming, Expressing, and Understanding Feelings

Jan 18th (B)– Naming, Expressing, and Understanding Feelings

Feb 1st (A)– Managing Big Emotions at School

Feb 8th (B)– Managing Big Emotions at School

Feb 15th (A)– Managing Big Emotions at Home

March 1st (B)– Managing Big Emotions at Home

March 22nd (A)– How to Handle Loneliness

March 29th (B)– How to Handle Loneliness

April 5th (A)– How to Deal with Mean Kids

April 12th (B)– How to Deal with Mean Kids

April 19th (A)– Sibling Relationships and Dynamics

April 26th (B)– Sibling Relationships and Dynamics

May 3rd (A)– Parent Relationships and Dynamics

May 10th (B)– Parent Relationships and Dynamics

May 17th (A)– Establishing my Values, Morals, & Important Characteristics

May 24th (B)– Establishing my Values, Morals, & Important Characteristics

A Dates: Ages 5–8

B Dates: Ages 9–11

Good for kids who:

- **struggle w/ peer relationships**
- **have big emotions**

Register at www.Tanqueverdepeds.com