

Life Skills for Emotional Well Being & Good Mental Health

GOOD FOR KIDS WHO:

- ADHD DIAGNOSIS OR HIGHLY DISTRACTIBLE
- STRUGGLE W/ EXECUTIVE FUNCTIONING
- STRUGGLE W/ PEER OR SIBLING RELATIONSHIPS
- STRUGGLE W/ AUTHORITY/RULES

DATES:

SEPT 13TH: A
SEPT 20TH: B
OCT 18TH: A
OCT 25TH: B
NOV 1: A
NOV 8: B
NOV 15: A
NOV 29: B
DEC 6: A
DEC 13: B
DEC 20: A

GROUP A: AGES 11-13
GROUP B: AGES 7-10

5:15PM- 6:15PM

The purpose of this group is to help kids to learn and develop life skills and executive functioning necessary to engage positively in their environment at school, home, and for future stages. In this group, each session will be divided into 4 parts: review of previous skill, teaching new skill, practice, and engagement activity. Some topics include: daily routines, asking for what you need, avoiding trouble, being confident, socializing with peers, appreciation and kindness, organization, etc.