

Pre-Teen Skills Group

June 11th - July 30th

Tuesdays @ 10 am

Ages: 9 - 12

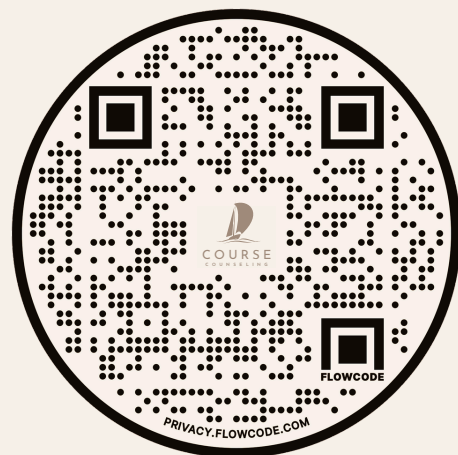
Transform your pre-teen years with skills that will set you up for success in every part of life!

Our therapist-led pre-teen skills group provides a supportive space for pre-teens to navigate challenges, build healthy relationships, and develop coping skills.

8 Weeks | \$160

Topics

- Stress Management & Self-Care
- Communication Skills
- Mindfulness & Self-Awareness
- Personal Values
- Healthy Relationships
- Emotional Regulation
- Decision Making
- Goal Setting



Scan QR Code or Call to Register
801. 901. 3330