

Peer Connections



Peer Connections is a 5 week pro-social group for boys and girls ages 8-12. The emphasis is on helping kids build confidence and skills that are useful for social situations.

Using interactive lessons, group activities, and games, the group will cover issues of:

- ❖ Dealing with feelings (feelings identification and emotions management)
- ❖ Coping with stress (deep breathing and positive self-talk)
- ❖ Friendship skills (initiating conversation, joining in, and keeping friendships)
- ❖ Conflict resolution (anger management and problem solving skills)

Sponsored by: The Bridge Youth and Family Services
721 S.Quentin Road
Palatine, IL 60067

When: DATES TO BE DETERMINED

Time: 6:00PM - 7:15PM

Cost: \$40/Session (Scholarships & reduced fees available for families that qualify)

Contact: Beth Seward, Child and Family Therapist (847) 485-3070

