



Communication, Friendship, & Art Therapy Group



BIWEEKLY MONDAYS at 5:30pm

Join us for a therapy group that uses play and relationship-based activities to make learning and growing fun!

This group is ideal for **6-8 year old girls** that might benefit from some extra support with engaging with peers, regulating their emotions, and communicating effectively with others.

Limit of 6 children per group. \$100 per session. Group starts on March 11th and has 6 sessions, ending on May 20th.

About the Group Leader

Abby enjoys working with clients of all ages and identities. She enjoys collaborating with and empowering clients through creative approaches that blend psychoeducation, sensory activities, & talk therapy. Her groups use mindfulness, movement, art, games, and conversation to facilitate learning and growth. She is supervised by Toni Ratzburg, LMFT #52576.



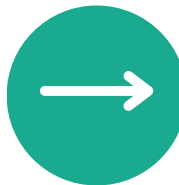
ABBY JONES

Associate
Professional Clinical
Counselor #11478



Emotional Regulation

We will begin our group with exploring emotions and learning to recognize emotions in the body and and regulate them effectively.



Coping Tools

We will work together to build skills and habits to help your child regulate and communicate their emotions at home, at school, and with friends.



Social Skills

Clients will learn and practice perspective taking, friendship skills, flexible thinking, and compromise skills.

Enroll today!

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www.BeaconWellnessTeam.com