

BOYS GROUP FOR BUILDING SOCIAL EMOTIONAL SKILLS

Goal: To improve knowledge of social-emotional skills and provide caregivers with strategies for use in different environments

Objectives:

- 1) Increase self-awareness of emotions
- 2) Identify and describe emotions
- 3) Develop flexibility in thinking and adjusting to changes
- 4) Develop coping skills
- 5) Increase self-esteem and self-confidence
- 6) Improve social interaction skills with peers

Group demographic: 3rd to 5th grade boys struggling with impulse control, emotional dysregulation, peer interactions

Clinicians:

- Rhea Lourens, LCMHCA
- Caroline Ward, OTD, OTR/L

Day and Time:

- Mondays at 5pm

Duration:

- 6 sessions

of participants:

- 6-8 clients

Location: Pineville office

(11940 Carolina Place Pkwy Suite 200, Pineville, NC 28134)

Cost:

- **Self-Pay service**
 - \$420 per person due at start of group (\$70 per session)

How to schedule:

Email rlourens@childandfamilydevelopment.com and/or cward@childandfamilydevelopment.com

