



# Calm Down, Stop, and Think:

A group to help kids control impulses, regulate emotions and manage behavior

Does your child need additional support with **self-control, self-regulation, and managing behavior**? Does s/he struggle with being too **impulsive**? Does s/he have difficulty understanding his/her own **emotions** or emotions of others? Through games and activities, children can practice skills to better understand themselves and their peers.

Our curriculum will address the following skills:

- Communication skills and social pragmatics
- Interference and perspective taking skills
- Cooperative group behavior and turn taking
- Emotion management/how to calm down and make good choices
- Establishing and maintaining peer relationships
- Problem solving/planning
- Impulse control
- Interactive play skills
- Observational learning

There will be **two separate groups**, one for **2nd-5th grades** and one for **6th-8th grades**. Both groups will start **February 8th**, one at **2:15pm** and one at **4pm**. They will run for **8 sessions** and each session costs \$100. A parent consultation and conference will also be required for an additional \$150 each.

Our groups are run by **licensed psychologists** and individualized based on the needs of each child. **Specific goals** are set for each child depending upon their specific difficulties. We appreciate **parent involvement** and **feedback** throughout the course.

**For more information  
please contact:**

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