

Emotional Problem Solving Group

A therapy-based group aimed at improving emotional regulation skills in children ages 5-7. Your child will first meet with one of our clinicians for an intake evaluation, and then will be added to our FALL group!

\$20/session

Fridays from 4:30pm-5:30pm

September 13th - November 1st

Specific Skills Include:

- Effective skills for regulating anger and feelings
- Relaxation techniques
- Participation in a group
- Whole body listening

To sign up, please email Brittany at bdtullio@norwoodbehavioralhealth.com



www.norwoodbehavioralhealth.com