

PRETEEN

WISE MINDS

This group can be helpful to preteens who struggle with big emotions that feel out of control, negative self-talk, conflict with parents, or uncertainty in tricky social situations. Parents attend the group too so that they can learn how to support the skills at home.

Families can join one, some, or all of the sessions. There is no need to attend them in order - simply pick the topics that feel most helpful.

WED

THIRD
WEDNESDAY
OF EVERY
MONTH

6 PM

AGES
11-14

**GROUP LOCATION:
2155 COLLEGE AVE
(U OF R COLLEGE
AVE CAMPUS)**

**PLEASE CALL OR
EMAIL TO
REGISTER**

**MORE
INFORMATION
AVAILABLE ON
OUR WEBSITE**

FREE!

- **January** – All the Feels (Emotional Awareness)
- **February** – Chill Skills (Emotion Regulation)
- **March** – Coping Power-Ups (Distress Tolerance)
- **April** – Parent Guide to the Teen Years (Adolescent Development)
- **May** – Thinking Traps (Cognitive Restructuring)
- **June** – Getting Unhooked (Cognitive Restructuring)
- **September** – Talk It Out (Communication and Boundaries)
- **October** – Think-It-Through Tools (Problem Solving)
- **November** – Parent-Preteen Sync Up (Parent-preteen relationship skills)
- **December** – Own the Moment (Mindfulness)