

Register Early for our 2014 Saturday Workshops!

Winter Workshop Series

for Elementary Students

Beat the winter blues with a boost from our popular workshop series. Participants will learn and grow together using research-based practices to address challenges.



Our 1½ hour workshops teach kids personalized, skill-based interventions and include high-energy activities with creative twists. Each of the eight sessions will include group work, individual therapy, and a whole lot of fun. Separate workshops are available for early and later elementary age students. Our topics were developed in collaboration with parents and kids and may include:

- ❖ Social Skills Building, Bullying & Social Anxiety
- ❖ Combating Negative Thoughts & Seasonal Sadness
- ❖ Expressing & Embracing Uniqueness
- ❖ Identifying & Fighting Anxiety
- ❖ Healthy Habits & Thoughts
- ❖ Empathy, Community Service & Giving

Saturdays: 1/4/14 – 2/22/14

K-2nd Grade: 9:00-10:30am

3rd-5th Grade: 10:30am-12noon

Participants must be able to attend at least 6 of the 8 sessions.

For information, call *Susan Myket, Ph.D. & Associates*

(630) 355-9002 or www.myketandassociates.com

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