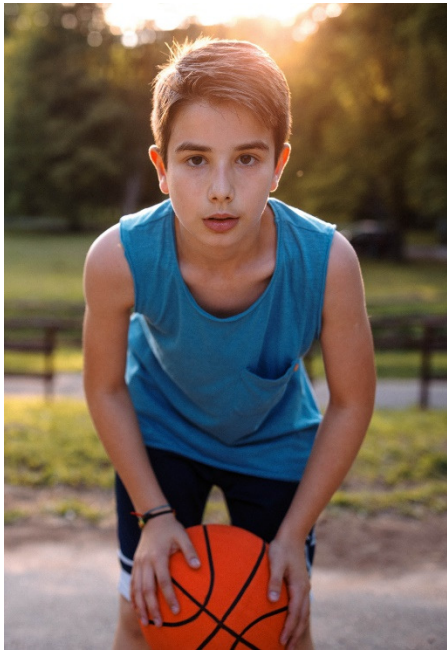


Mindful Friends

Social-Emotional Skills Groups for 3rd – 5th Graders

Has staying home with your child made you more aware of their social & emotional challenges?

Would your child benefit from learning how to manage their feelings and behavior better, so they can more fully enjoy their relationships?



Mindful Friends Skills

- ❖ Emotional Awareness & Regulation
- ❖ Decreasing Anxiety & Impulsivity
- ❖ Social Awareness
- ❖ Problem-Solving
- ❖ Managing Frustration
- ❖ Handling Worries
- ❖ Understanding Others
- ❖ Perspective-Taking
- ❖ Being Present

Our Social-Emotional Telepsychology Groups help kids learn Cognitive Behavioral and Mindfulness Skills for making & keeping friends and identifying & managing their emotions and behavior. Mindfulness means paying attention On Purpose and In the Present and teaches practical ways to notice thoughts, physical sensations, sights, sounds, and smells. Mindfulness skills are easy-to-understand, but because they are so different from how our minds normally behave, they take a lot of practice. This unique summer provides a good opportunity for families to learn mindfulness.

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