

# Connections Group



## WHY GROUP?

Come together to learn skills and make connections with peers. This is an outdoor, socially-distanced group for kids having trouble coping with anxiety, frustration and isolation. We will be teaching coping skills and physical, emotional and mental self-care, as well as addressing anxiety and frustration. The format will be fun and interactive. Group size will be limited in order to comply with CDC restrictions.

## WHO IS BEING SERVED:

Children, 8 -12 years old, who are having trouble coping or are struggling with anxiety and frustration. If your child is not currently in services, but needs a touch point to manage stress and anxiety, this is a great group.

Connection Group starting:  
July 6, 2020  
Mondays 4-5 pm

Call our Referral Line at:  
**815-759-7073**



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