



Balance Big Emotions

“Balance Big Emotions” is a 8 session group designed for elementary aged children. Together we will learn about our emotions and learn several new coping skills to help manage our big feelings. The first and last session will also include a parent component for support and psychoeducation.

Facilitators: Serena Vess, LMSW and Brittney Durham, LMSW

Tuesdays

January 14th - March 4th

4:00pm - 5:00pm CT

Ages: 6-10

Classes are held onsite at the Cohen Clinic at Centerstone.

Enrollment is free.

To register, please visit

<https://form.jotform.com/243365081692157>

Session 1: Introduction to Group and Parent Psychoeducation
Session 2: How am I feeling
Session 3: Signs my body tells me
Session 4: Breathing Techniques
Session 5: Relaxation Skills
Session 6: Calm Your Glitter
Session 7: Regulation Station
Session 8: Joint Parent and Child Session, wrap-up, feedback, survey and resources



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The Steven A. Cohen
Military Family Clinic
at Centerstone