

Connections

Therapeutic Group with a Focus on Attachment and Connection to Self and our Families.

For Kids aged 8-12

Goals of program: Increasing positive mental health coping strategies, building connections to ourselves and to our family members, seeing the best in ourselves, increased confidence, and increased self esteem.

Description of program: Youth will enjoy 6 sessions of building strong connections through psychoeducation, games and arts activities. Youth will be guided through interactive discussion and activities by a therapeutic professional with the intentions of increasing confidence, increasing self esteem.

Snack will be provided.



Angela Taylor,
BA, PBED, MA Disability Studies

**WE HAVE LIMITED SPACE
SO PLEASE REGISTER EARLY**

DATE/S

October 1, 8, 15, 22, 29,
Nov 5, 2019

TIME/S

5:30PM - 6:30PM

PRICE

\$90 for all 6 weeks

WHERE

228 Hamel - Aulneau
Renewal Centre

TO REGISTER

EMAIL

training@aulneau.com
or CALL Debbie at
204-987-7090

Please Note: We do not allow siblings to be part of the same group.