

SOCIAL-ABLE KIDS

A SUPPORTIVE AND INTERACTIVE WAY TO LEARN AND PRACTICE HOW THE SOCIAL WORLD WORKS AND HOW TO NAVIGATE AND REGULATE IN IT.



AGES 7-11

6 WEEK GROUP SERIES

When a kid wants to be with others but is struggling to understand how to work in a group, they often feel rejected, disconnected and lonely. These big feelings can often translate into a range of behaviors from disruptive to being quiet and withdrawn.

Lead by:
Zac Austin &
Rachel Muir

We will be learning:

- To feel more self esteem and less anxious
- To feel more independent
- How to handle rejection and disagreements
- How to choose appropriate friends
- How to have a conversation and share and learn about others
- How to handle the impact of life stressors