

# Elementary Coping Skills Group

Building a Stress Management Toolkit for Children Ages 7-10 (2<sup>nd</sup> -5<sup>th</sup> grades)



Winter 2020

Session Times

Thursday's 4:30-5:45pm

Dates

February 6, 13, 20, 27

March 5, 12, 26\*

April 2

\*no session March 19

Parent-Only Session:

TBD

To Apply:

Complete the Group Interest  
Form at

[www.fwcgroups.com](http://www.fwcgroups.com)

or call 615-238-9100 xt 100.

*Space is limited so please apply early.*

This group is designed for elementary-aged children facing academic, social, and/or emotional stressors who want to learn evidence-based strategies that will enable them to feel better and reach their goals. One parent-only session is included to educate parents on skills taught and provide parenting support. Curriculum is built on cognitive and dialectical behavioral therapy.

- Learn how to express and regulate emotions with healthier coping skills.
- Understand thoughts, feelings, and behaviors and how they are connected.
- Learn and practice social skills for developing and maintaining friendships.
- Understand and challenge negative or unhelpful thoughts.
- Connect with other children who have similar stressors

Place: Nashville Child and Family Wellness Center  
85 White Bridge Road, Suite 302

Cost: \$585 for eight child sessions and one parent session (averages to \$65 per session). Upon acceptance to group, a \$50 non-refundable deposit is required to hold your place with balance to be paid in full by the 1st session.

An interview may be required for those not being seen by a provider at NCFWC to ensure that the group is a good fit and to allow the child to meet us. Additional fees may apply.

For more information: email [info@nashvillefamilywellness.com](mailto:info@nashvillefamilywellness.com).

