



MANAGING FRUSTRATION GROUP FOR KIDS

Goal: To help children manage and reduce frustration in everyday and unpredictable situations.

Topics: ● recognizing physical signs of frustration
● identifying unhelpful thoughts ● perspective taking
● problem solving ● flexibility ● strategies for home & school
● relaxation skills ● healthier choices
● accepting consequences

Format: Multisensory and active group learning environment. Participants practice skills with peers while receiving coaching and encouragement from professionals on the spot!

Group Leaders: Anika Mullen, LPC-MHSP (temp)
& Jasmine Madden, MS, NCC

Rising 4th–6th Graders

Spots are limited

Register Today!

July 23-July 26

1PM – 4PM

\$600

Includes: Four intensive group sessions + one, 30-minute follow-up session with parents to be scheduled 4-6 weeks following group meetings

THE CHILD AND FAMILY
COUNSELING CENTER

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